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N&F 73
Cap. 2

YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

in cooperation with

School Lunches Around the World



ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station_____in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Our nutrition chairman, Miss_____, reminds me that school days are here again. She and her committee are especially interested right now in school lunches. You know, that's a subject I could make an A in, Miss_____...if I had the chance..

CHAIRMAN: Well, we'll be glad to give you the chance, Mr. (announcer)...if the A stands for Advice.

ANNOUNCER: I'm afraid it doesn't. My A stands for Appetite.

CHAIRMAN: Perhaps you could also earn an E...you know, an E for Eating.

ANNOUNCER: I certainly could. I can do an excellent job when it comes to eating. And no doubt school children can do even better than I when that noon whistle blows.

CHAIRMAN: Yes, that noon meal is an important part of the day for children... That's why we think the school lunch is a timely subject now..... with a school year just starting. And that's why I've invited Mr. _____, (superintendent or principal of school) and Mrs. _____ a member of our nutrition committee, to be our guests on the air today.

ANNOUNCER: I understand, Mr. _____, you've been making a study of school lunches in other countries.

SUP'T: Well, not exactly a study, but I have been impressed by the number of countries encouraging school lunches. Mrs. (com. member), you've been reading on this subject. Weren't you surprised that the school lunch idea is so widespread?

COM. MEM.: Yes, I was. And I was surprised also to find that school lunches were served to some children in England as far back as 1906.

ANNOUNCER: I suppose those were free lunches for needy children.

COM. MEM.: That's right. But since then the British Government has found that all the children benefit from eating a well-prepared, complete lunch at noon.

CHAIRMAN: I think the war entered in there. It necessitated a feeding program for schools that proved so successful the people want it continued.

COM. MEM.: That's just what happened. By October 1944 about one-third of the elementary school children in England were eating a cooked lunch at school.

ANNOUNCER: Who paid for the lunches?

COM. MEM.: About nine out of ten of the children brought money from home for their meals...which were sold at cost, about five to ten cents a meal. And the others were paid for by national and local tax funds.

SUP'T: I understand the new Education Act in England provides free lunches for all children.

ANNOUNCER: Well, they must consider that noon meal a regular part of the educational system.

SUP'T: England is not the only country that believes in a good meal at noon. Russia was serving free lunches in 1935 to about a third of her school children.

COM. MEM.: Russian children get a full meal, too...or did before the war. I think their law provided that the lunch must contain at least a third of a child's daily food requirements.

CHAIRMAN: Isn't it Norway that serves breakfast to the children at school?

SUP'T: That's right. Norway's system is based on scientific experiments. The children are served foods that contain the nutrients most often found missing in the foods they eat at home.

COM. MEM.: The Norwegian school breakfast was a very good one...before the war. It consisted of a half an orange, a third of a quart of milk, as much whole wheat bread and cheese as a child wanted, and either a raw carrot or half an apple.

CHAIRMAN: That sounds like a good start for anybody's day. Is the breakfast free in Norway?

COM. MEM.: School breakfasts are free to all who want them in most parts of Norway. They're financed mostly from public funds and voluntary health organizations.

ANNOUNCER: I believe health is coming in for more attention in most countries ...or will, when we can get back to peacetime legislation.

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- SUP'T: Yes, Sweden especially, is doing an exceptionally fine job feeding their school children...even during the past five years.
- COM. MEM.: Well, the idea of feeding the school child is spreading around the world. Three years ago, Egypt undertook to provide every school child...rich or poor...with a free meal at noon.
- CHAIRMAN: A complete meal?
- COM. MEM.: Oh yes...an excellent lunch. Dietitians planned the meals to make good the deficiencies in ordinary diets.
- SUP'T: In India too, several provinces have given school lunches a try. But India has had much more difficulty than most countries with food problems.
- CHAIRMAN: South America too, is just getting a start toward better health through a better eating program.
- ANNOUNCER: Doesn't one of the Brazilian cities serve breakfasts to the children?
- COM. MEM.: Yes, Rio de Janeiro. The Government there and a large group of workers are cooperating on a big feeding project.
- SUP'T: Oh yes, that's the place where the school children are served breakfast, provided they bring lunches from home.
- ANNOUNCER: They bring a lunch in order to get a breakfast? Well, that's a new kind of a meal ticket to me.
- COM. MEM.: You see, many of the children were going to school without any breakfast at all, and taking very little lunch. So Brazilians are hoping the idea will spread to other parts of the country where children are under fed.
- SUP'T: Argentina and Brazil have a unique system. They exchange some of their surplus foods for use in their school lunch programs.
- CHAIRMAN: Surplus food was responsible for our first Federal school lunch program in this country.
- COM. MEM.: That was back about 1930. My, we've seen a big improvement since then.
- ANNOUNCER: An improvement in school lunches?
- COM. MEM.: Well, not only school lunches, but in the distribution and use of our food.
- SUP'T: School lunches have served a triple purpose, Mr. (announcer). First of all, they've personally benefitted the children. Probably every school that has served lunches to their pupils has observed an improvement in the health and scholarship of those youngsters.

- ANNOUNCER: And I suppose the second good reason for school lunches, is to provide a channel for food that might otherwise go to waste.
- SUP'T: Right you are. For the farmer's sake, too, we need a long range production program. If farmers are sure of a market for their produce.
- CHAIRMAN: A market where they can afford to sell...
- SUP'T: That's right. Then the farmer has a substantial future and the children of our country are more certain of three square meals a day.
- COM. MEM. The towns that served school lunches during the war counted them among their blessings, I'm sure. Mothers needed all the time they could get for war work.
- ANNOUNCER: And now I suppose the children like their lunches so well they don't want to go back to carrying cold lunches from home.
- SUP'T: Well, the teachers like it, too. The children learn faster and behave better when all of them eat a complete meal at noon.
- CHAIRMAN: I know that the mothers and fathers consider the school lunch program one of the finest additions to the school system they've ever had.
- ANNOUNCER: What's the status now of the Federal School Lunch Law, Mr. (sup't)?
- SUP'T: It's practically the same as last year's. Congress appropriated fifty million dollars for it. The money is used to buy surplus foods for school use, and to assist the schools in buying local foods for their lunches.
- ANNOUNCER: I'm trying to recall the number of schools that served lunches last year.
- CHAIRMAN: You're thinking, of course, of the schools that received Federal money. And I believe the number was close to 42,000. Approximately six and a half million children ate these lunches.
- ANNOUNCER: Six and one-half million! That's about one-fourth of all the school children in the country, isn't it? Where do the other three-fourths eat at noon?
- CHAIRMAN: Some go home. But many of the children continue to carry lunches to school.
- SUP'T: And a good many of those youngsters...whether they go home for lunch or carry it to school...don't get enough to eat.
- COM. MEM. The United States produces such enormous quantities of food, I can't see why any child should go hungry.
- SUP'T: Well, some people don't have the money to buy the food. And others, no matter how full their purses are, don't know what foods to buy to build strong, healthy bodies..

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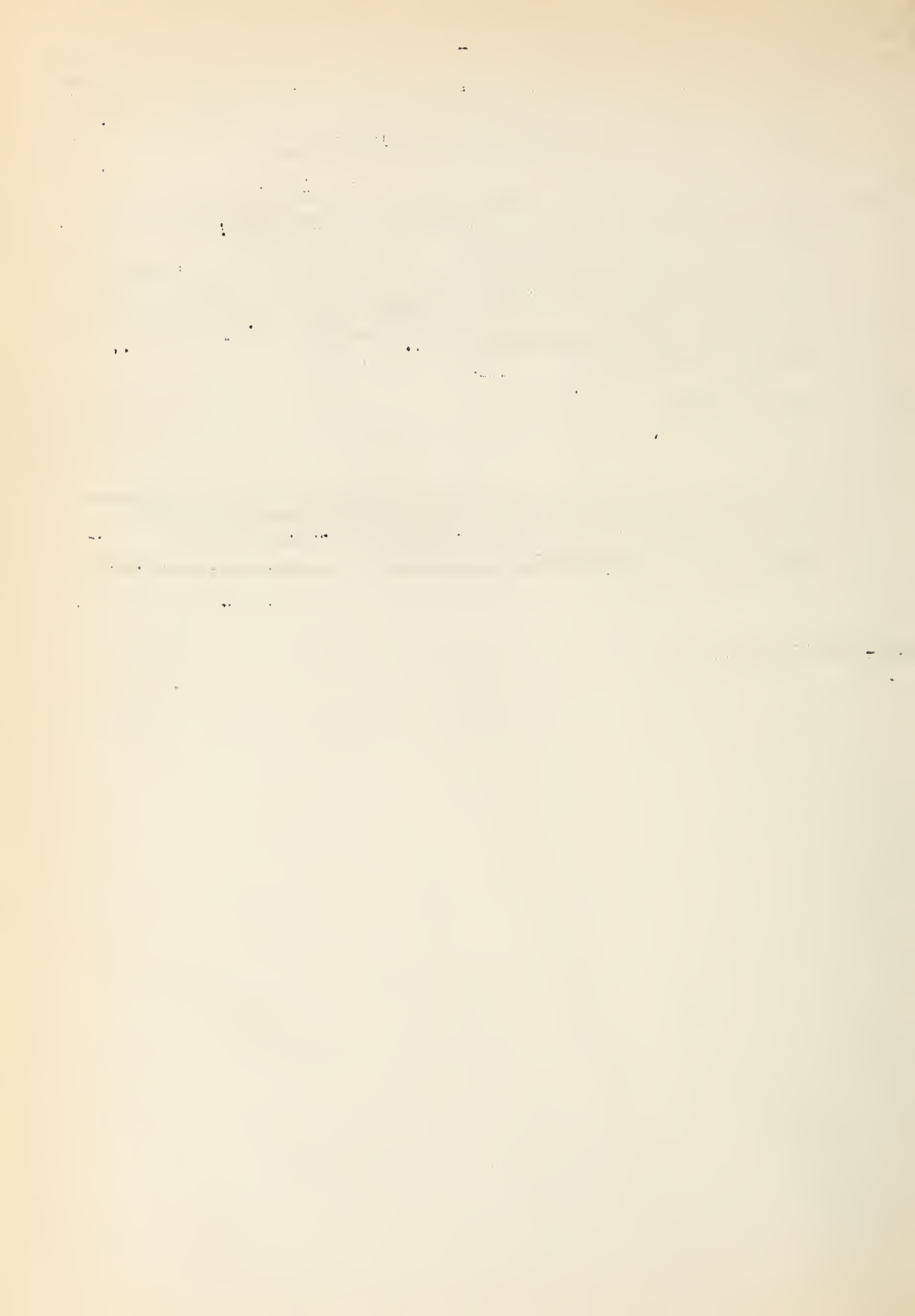
CHAIRMAN: A school that serves lunches to the pupils kills two birds with one stone, as the saying goes. While the pupils eat these hearty, appetizing meals they are growing normally, and at the same time they learn to like the foods they need. And good eating habits formed young are sure to help make healthy, long lives.

ANNOUNCER: Healthy, happy people in every nation in the world! That's a goal worth working for. And the best place to start is right here at home. You've given us something to think about, Mrs. (chairman) and we're grateful to Superintendent _____ and to Mrs. _____ for the information and inspiration they've given us. Listen in again next week to another broadcast of...FOOD MAKES A DIFFERENCE... presented by Station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: THERE TO END.

An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, U. S. Department of Agriculture.

RSS-68-1945/Western Area



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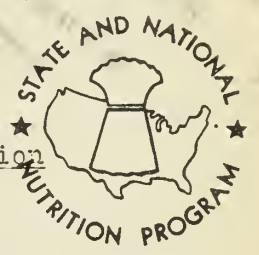
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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

in cooperation with

Time Savers in Meal Planning and Preparation



ANNOUNCER. We bring you now.....FOOD MAKES A DIFFERENCE.

MUSIC. THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Miss _____, our nutrition chairman, tells me the little scene which follows, is designed to give you some ideas on how to save time....both in planning and preparing meals. Of course, if you're already a super-efficient manager...Well, let's see what's going on in Ruth's dining room. Ruth is entertaining at lunch. I think her friends dropped in unexpectedly.

PEGGY: Well. Ruth, that was a delicious meal. I told Janet I hesitated to stop in around mealtime because I remember how company used to fuss you, but....

RUTH. Not any more, Peggy. When I started on my war job I had to make a lot of changes in my housekeeping.

JANET: What kind of changes, Ruth?

RUTH: Oh, in planning meals and cooking ahead of time. It seems to me now, that I used to spend a good share of my day...just cooking.

JANET: You probably like to cook.

RUTH: I do, but I've learned that it's possible to serve satisfactory meals without cluttering up my whole day, keeping house...as I did before the war.

PEGGY: I wish I knew your system, Ruth. Cooking takes a lot of time.

RUTH: It doesn't have to, Peggy, if you're willing to serve simpler meals.

JANET: That's a big if. Tell us how.

RUTH: Well, you seemed to enjoy what I gave you today. The Spanish omelet didn't take long to prepare.

JANET: And was it good!

PEGGY: Your fresh fruit salad, too, was delicious, Ruth. We really didn't need any dessert.

JANET: Of course we just couldn't say no to that luscious gingerbread.

RUTH: Well, to be honest, I really planned this lunch months ago.

JANET: Now wait a minute. We didn't even decide to drive over here 'till this morning.

RUTH: I know, but when I was working I always kept an emergency shelf and 2 or 3 menus planned, for times like this. Of course today I happened to have fresh food, too.

PEGGY: You must have had to do some careful managing, Ruth, to keep house and work, too.

RUTH: It was hard, at first. Then I found it helped a lot if I planned my meals in advance for a few days.

PEGGY: What happens to your plans when you can't get what you want at the markets?

RUTH: One device that helped was a pocket-size copy of the Basic Seven Food Guide. It's full of suggestions for replacing one food with another equally nutritious.

PEGGY: Well, maybe I cook too much....but feeding a family is a big responsibility.

JANET: Well, if children are Exhibit A, I'd say both of you have done a good job.

RUTH: It's a job that's never done, of course....Adults have to eat right, too. But it's actually much easier, I think, to plan meals after you get the Basic Seven habit.

PEGGY: I suppose I'm old fashioned. But we've always had our own vegetables and fruits.....even our own meats...and

JANET: Ah, that's the life for me.

PEGGY: So I've always cooked 3 big meals a day and never worried about checking them, to be sure we were getting all the minerals and vitamins and so forth.....that we need.

RUTH: Well, of course, Peggy, when you eat such a wide variety of fruits and vegetables as you do....besides having your own milk and butter and eggs.....you can't very well miss.

JANET: But when you have to buy everything it's a different story. A person can't afford to serve meals like you do.

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PEGGY: Yes, I know we're very fortunate.

RUTH: And when you have to consider both time and money, then I think it becomes even more important to plan your meals carefully.

JANET: Well, I'd try 'most anything that would make shopping easier.

RUTH: Try planning your meals around the foods in good supply, Janet. That saves shopping time.

PEGGY: They're usually less expensive, too.

JANET: Maybe if I planned meals ahead I'd have more variety. Tom says he likes waffles, but not every night.

RUTH: And how Tom loves to eat!

JANET: So do I! Perhaps I'd find cooking less of a bore if I'd use my head instead of my heels. All right, you two. Go on and tell me more.

PEGGY: Why Janet, you're a wonderful cook.

JANET: Only when the spirit moves me. Now don't discourage me. I want some tips on time saving.

RUTH: Well, when you put it that way, Janet, I'll have to go back in my memory to those first hectic weeks when I started working.

JANET: You mentioned an emergency shelf. That's a good idea. I'll try that.

RUTH: Oh, yes, I remember something else we had to do. We had to work out a better storage system in the kitchen....a convenient place for everything you know...pans, cereals, spices and all.

PEGGY: A place for everything and everything in its place. That must have called for cooperation of the whole family, didn't it?

RUTH: Indeed it did. And another weakness I discovered in my kitchen, before I got the family to help, was inadequate equipment to work with.

PEGGY: Do you mean pans and knives and the like?

RUTH: Sharper knives and more mixing bowls and so forth. It's surprising how much faster your work goes if you have the right tool for the job.

PEGGY: Don't you have a pressure cooker, Ruth? That speeds up cooking.

RUTH: Yes, I depend a lot on my pressure cooker.

JANET: I suppose you served a good many one-dish meals, too.

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RUTH: Oh some. We never get tired of vegetable casseroles with a little meat.....or macaroni and cheese with a green salad.

PEGGY: It sounds like a very sensible way to cook. I suppose my family would be just as well off too, if I gave them less choice at each meal.

RUTH: That's okay, Peggy, provided you get the variety in your meals from day to day.

JANET: That's why I like breakfast---you don't have to wonder what to have.

RUTH: We usually have about the same menu for breakfast---fruit and cereal, toast and coffee. Of course the children have milk to drink, and sometimes an egg instead of cereal.

PEGGY: Dinner...that's the meal that takes my time. I don't see how you cooked a meal after you came home from work, Ruth.

RUTH: Sometimes, I cooked soup meat, or baked cookies, the night before. And frequently over the weekends I made salad dressing, and puddings.....refrigerator dishes, you know....that would keep a few days.

JANET: You make me feel just plain lazy.

RUTH: Oh how ridiculous, Janet. Cooking is just a matter of management. If you take a little time to plan your meals and your work, you'll have that extra time for your music or reading.

JANET: Sounds wonderful.

RUTH: And then, too - just knowing your meals are planned makes the day happier. You can relax and enjoy your leisure.

JANET: Now, let me get this straight. First, you suggest I plan my meals in advance, and follow the Basic Seven Food Guide.

RUTH: And use it for both meal planning and shopping. It will remind you of foods you've forgotten temporarily.

PEGGY: Don't forget to make out a grocery list, Janet.

JANET: Okay....then I go home and look at my kitchen with a cold, impersonal glance....

RUTH: And say to yourself, "Janet, is your kitchen equipment efficient?"

JANET: Is it adequate?

PEGGY: Is it convenient?

JANET: Do you know....I'm feeling actually enthusiastic about this reversion in kitchen management. I believe cooking might be fun if I give it a chance.....(FADE OUT).



ANNOUNCER: Well, it sounds like Ruth has won a convert or two to take her efficient methods of meal management. Do you agree with Ruth, Miss (nutrition chairman)?

CHAIRMAN: Absolutely, Mr. (announcer). I think the preparation of food can be a real joy if the menu has been well planned and the shopping done in advance.

ANNOUNCER: To say nothing of the bonus value in the knowledge that your family is eating the foods it needs for good health. Thank you, Miss (chairman), for arranging this little scene....and many thanks to your guests, too. Ruth was voiced by Mrs. _____; Peggy by Mrs. _____, and Janet by Mrs. _____. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE.....presented by Station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

(An exclusive service to local nutrition committees in cooper-)
(ation with the State and National Nutrition Program, Depart-)
(ment of Agriculture.)

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference



in cooperation with



FALL VEGETABLES

(NOTE: Check on local supplies of vegetables before recommending use of certain vegetables mentioned in this script.)

ANNOUNCER: We bring you now FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station_____in cooperation with your (local, county) nutrition committee.....PRESENTS FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Our nutrition chairman,_____, has arranged a little skit for you today. (FADES). Sally and her Mother and Grandfather are discussing the problem of cooking. Lets listen in. (FADES).

SALLY: Cooking is really a problem, Mother. I wouldn't feel so worried if I'd been at home with you these past two years. But a girl doesn't learn to cook for her husband while she's working in a defense plant.

GRANDFATHER: Heck, Sally, feed him anything. A man fresh out of the army has a cast iron stomach. I remember when I first got back from Cuba--

SALLY: (Interrupting). But, Douglas has been out two months. And the army's not the same any more, Grandfather. When I hear Doug tell about the army food, I know I simply can't compete.

MOTHER: There, dear, you'll get along all right. You know the fundamentals of good cooking, and nothing cooked in quantity can taste as good as a well-planned, home-cooked meal.

GRANDFATHER: Just give him plenty of steaks and chops. Anybody can cook those.

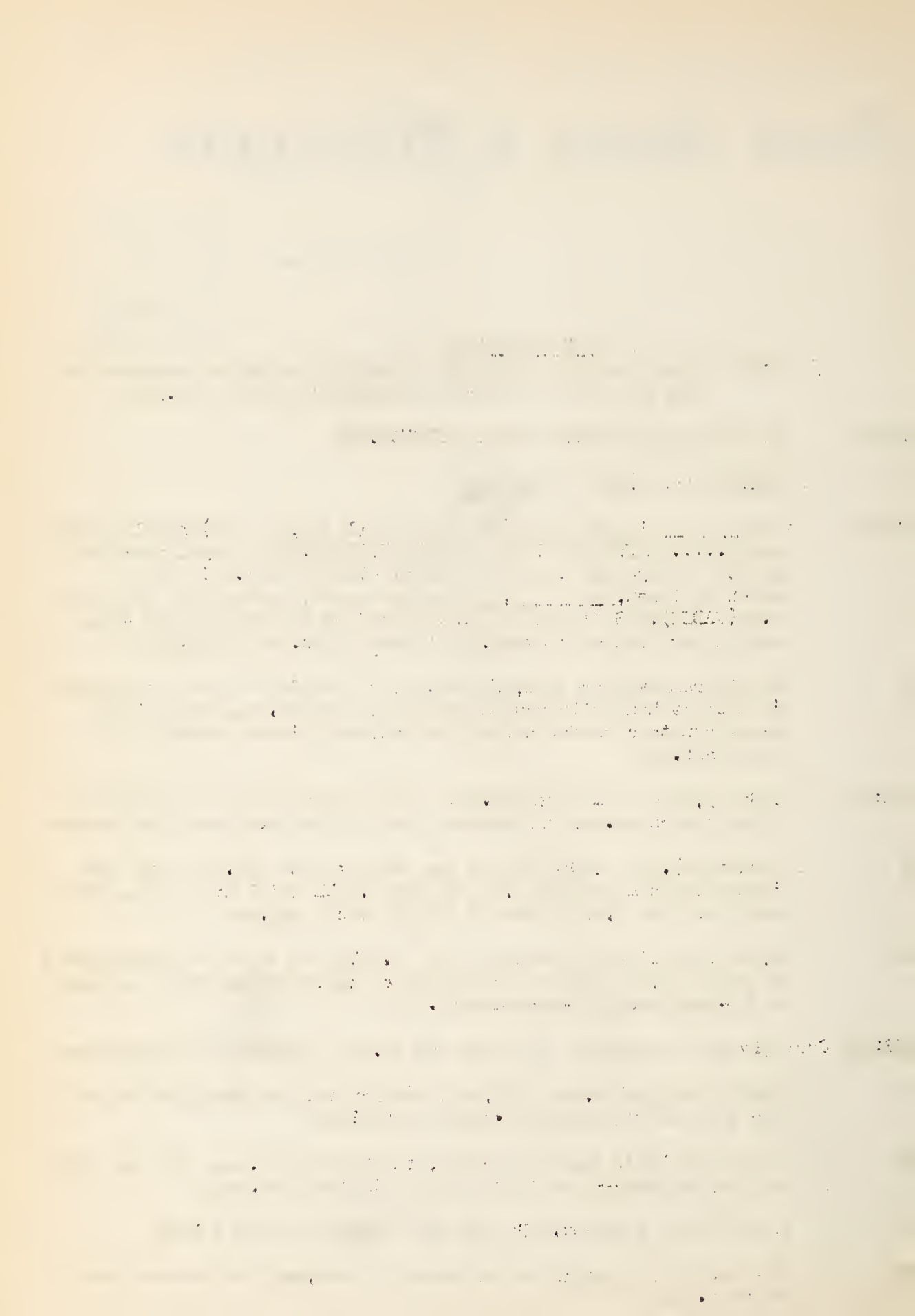
SALLY: That's what you think. Mother, haven't you told Grandfather yet that you can't always get chops and steaks?

MOTHER: Well, meat isn't such a problem now, thank goodness. But the way you use vegetables -- that's what takes imagination.

SALLY: I want to be a good cook. But what vegetables can I buy?

MOTHER: Why here we are, right in the middle of autumn, the harvest time of the year.

(more)



GRANDFATHER: The fall vegetables are just rolling into market.

SALLY: You mean turnips and cabbage? Douglas doesn't like them.

MOTHER: Cook them right and he will. But that's only a start.

SALLY: All right, what else?

MOTHER: Well, there's sweet potatoes and Irish potatoes, of course, and carrots, beets, and winter onions. And you can get parsnips now, spinach, cauliflower, squash -- almost every one of them are more plentiful than usual this year. Don't they sound good?

SALLY: Yes, I only wish I could cook them like you do.

MOTHER: It's not so hard as you think. Here, take a piece of paper and jot down some notes to help you remember.

GRANDFATHER: Want a pencil, Sally?

SALLY: Thank you. Fire away, Mother.

MOTHER: You know how to cook sweet potatoes and Irish potatoes, of course. Just bake or boil them whole in their skins. That saves their minerals and vitamins.

GRANDFATHER: They taste better that way, too.

MOTHER: If you're cooking them in water, have it boiling hot and salted. And cook the potatoes only till they're tender. Then you can season them with table fats and salt.

GRANDFATHER: I like my sweet potatoes with sausage.

MOTHER: They're good with any meats you have. And if you have any left over, peel them and heat them in meat drippings until they're golden brown.

SALLY: Sweet potatoes are a good suggestion, but what about the other vegetables?

MOTHER: You can cook vegetables separately, or use them in combinations. When you have a pot roast nearly done, put onions and potatoes and carrots or parsnips around it. Turnips are---

SALLY: (interrupting)! Douglas doesn't like turnips.

MOTHER: Well, you can leave out the vegetables he doesn't care for, and add something else. You can use almost any combination of vegetables around a pot roast.

SALLY: Do you cover the vegetables?

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MOTHER: Oh, yes, keep the pan covered 'till the vegetables are almost tender, then uncover them, baste with the meat broth, salt them to taste, and let them brown a little.

GRANDFATHER: Tell her how to make chili, Mary.

MOTHER: Father likes chili that isn't hot. There isn't any chili powder in it.

SALLY: None at all?

MOTHER: Oh, you can add a little if you like. Start out with half a pound of hamburger, and some chopped onions. Brown them together in a little fat.

SALLY: How many onions?

MOTHER: Oh, three or four. Chili hasn't any exact proportions. Then you add a can of beans---

SALLY: Doug is tired of beans, Mother.

MOTHER: I don't mean navy beans. Use red beans or soy beans, or better still, use some of both.

SALLY: That's a new way to use soy beans, isn't it?

MOTHER: We think it's one of the best. You add tomatoes, and just go on from there.

SALLY: What do you mean, "Go on from there"?

MOTHER: Well, I use all kinds of chopped vegetables---whatever I have---celery, carrots, parsnips, green peppers, cabbage, turnips---

SALLY: Turnips again!

MOTHER: Douglas will like them this way. Only don't cook them too long. Stop while everything is still a little chewy.

GRANDFATHER: That's not the kind of chili we had in Cuba, Sally. Your Mother's is lots better.

SALLY: It sounds like a wonderful one-dish meal.

MOTHER: It is, for two people or a dozen. And if instead of hamburgers and beans, you start with small chunks of meat and Irish potatoes, the same combination of vegetables makes a stew. Doug is sure to like a stew.

SALLY: That sounds more like soup than stew.

MOTHER: Well for stew I usually add a little flour to thicken the liquid. But if you want soup, chop the vegetables finer, and add meat broth or water.

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THE UNIVERSITY OF CHICAGO

1. *Phragmites* (common)

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1. The first group of people who are interested in the study of the history of the world are the historians. They are people who study the past and try to understand what happened and why it happened. They use a variety of sources, including books, documents, and artifacts, to reconstruct the past. They also try to understand the people who lived in the past and how they thought and felt. Historians are interested in the history of the world because it helps them to understand the present and the future.

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! DEPENDS ON CONTEXT

7. The following are all true:

[illegible]

1997

SALLY: That ought to be easy.

MOTHER: It is easy, but it's good, too. And by putting your stew in a baking dish, topped with rounds of biscuit dough, you'll have—

SALLY: (interrupting) I know, a vegetable pie. Mmm, makes me hungry.

GRANDFATHER: You've been away so long, Sally, you've forgotten how good a cook your mother is.

SALLY: I know how good her food is, but I never knew it could be made so easily.

MOTHER: Cooking isn't all so easy, but you don't have to learn everything in one day. Anyone can have good meals, even on a low budget.

SALLY: You mean watching for the cheapest things?

MOTHER: Not so much that as watching for the foods that are in season and most plentiful.

SALLY: I wonder if Douglas would get tired of all these mixtures?

MOTHER: But you don't need to serve your vegetables in soups and stews and chili every meal. Any of these vegetables is good alone.

SALLY: You mean boiled?

MOTHER: That's one way. But don't drown them in water, and don't cook them too much. And vary your seasonings —

GRANDFATHER: You can't beat parsley and paprika, one or t'other. Or try a little onion or a spoonful of soy sauce.

SALLY: Grandfather, you should have been a cook yourself.

GRANDFATHER: I was a cook. In the army, down in Cuba. Want I should tell you about it?

SALLY: Someday. Right now I want to hear some more about how to compete with the army. What were you going to say, Mother?

MOTHER: I was going to remind you of creamed vegetables.

SALLY: I had forgotten about them.

GRANDFATHER: And baked vegetables. You haven't said a word about baked squash, Mary.

MOTHER: That's right. And squash is so good, and plentiful now. All you have to do is cut it, take out the seeds, and bake it. Dab a little fat on it, and some brown sugar if you have any.

SALLY: And salt, of course.

(more)

... ..

... ..

MOTHER: Oh yes, naturally, salt and pepper. While we're talking of baked things, Douglas might like pumpkin pudding.

SALLY: Pumpkin pudding?

MOTHER: That's just pumpkin pie without a crust. It's easier when you're in a hurry.

SALLY: Well, you've certainly given me a grand collection of ideas, Mother

MOTHER: Oh, I'm not through yet. We haven't mentioned raw vegetables. Have you had carrot sticks yet?

SALLY: Oh, once or twice, but mine weren't very crisp.

MOTHER: You can make them crisp by wrapping them in a damp cloth and putting them in the refrigerator for an hour or two. Turnips are good that way, too.

SALLY: You'll have Douglas liking turnips yet.

MOTHER: Of course I will. And there's beets, too, Sally. Beets seasoned with vinegar or lemon sauce would add a little variety to your meals. And you'd like them pickled, too.

SALLY: Oh, I haven't time to make pickles.

MOTHER: What do you mean, you haven't time? You just cover the boiled beets with salted vinegar.

GRANDFATHER: Don't forget the horseradish.

MOTHER: Yes, a tablespoonful of horseradish or mustard gives a pleasant tang to pickled beets. Just leave them sit 'till the next meal and they're ready to eat.

SALLY: I can't believe there are so many things to feed a husband.

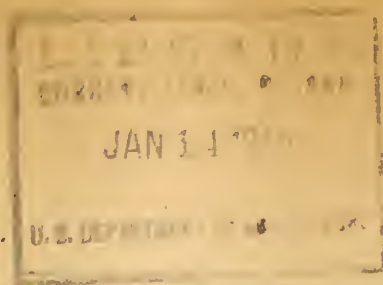
GRANDFATHER: Well, with all the fall vegetables to choose from, you can have a Thanksgiving dinner every day, Sally. (FADE)

ANNOUNCER: Thanksgiving every day...That's a wonderful thought...Thank you, Grandfather. The voices on our program today were those of _____ as Mother, _____, as Sally, and _____ as Grandfather. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE.....presented by Station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

(An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, U. S. Department of Agriculture.)

Food Makes a Difference



in cooperation with



"STRETCHING STAMP 38"

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds).

ANNOUNCER: Station _____.....in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today, Mrs. _____ is going to give us some suggestions about making a little sugar go a long, long way. I guess that's something every home-maker is interested in these days, isn't it, Mrs. _____?

CHAIRMAN: She ought to be, Mrs. _____, and just in case all you meal-planners listening haven't realized it yet, I'm going to remind you that sugar stamp No. 38, which became valid on September 1st has to last you for four whole months. And those months, as I hardly need to mention, include the Thanksgiving and Christmas holidays.

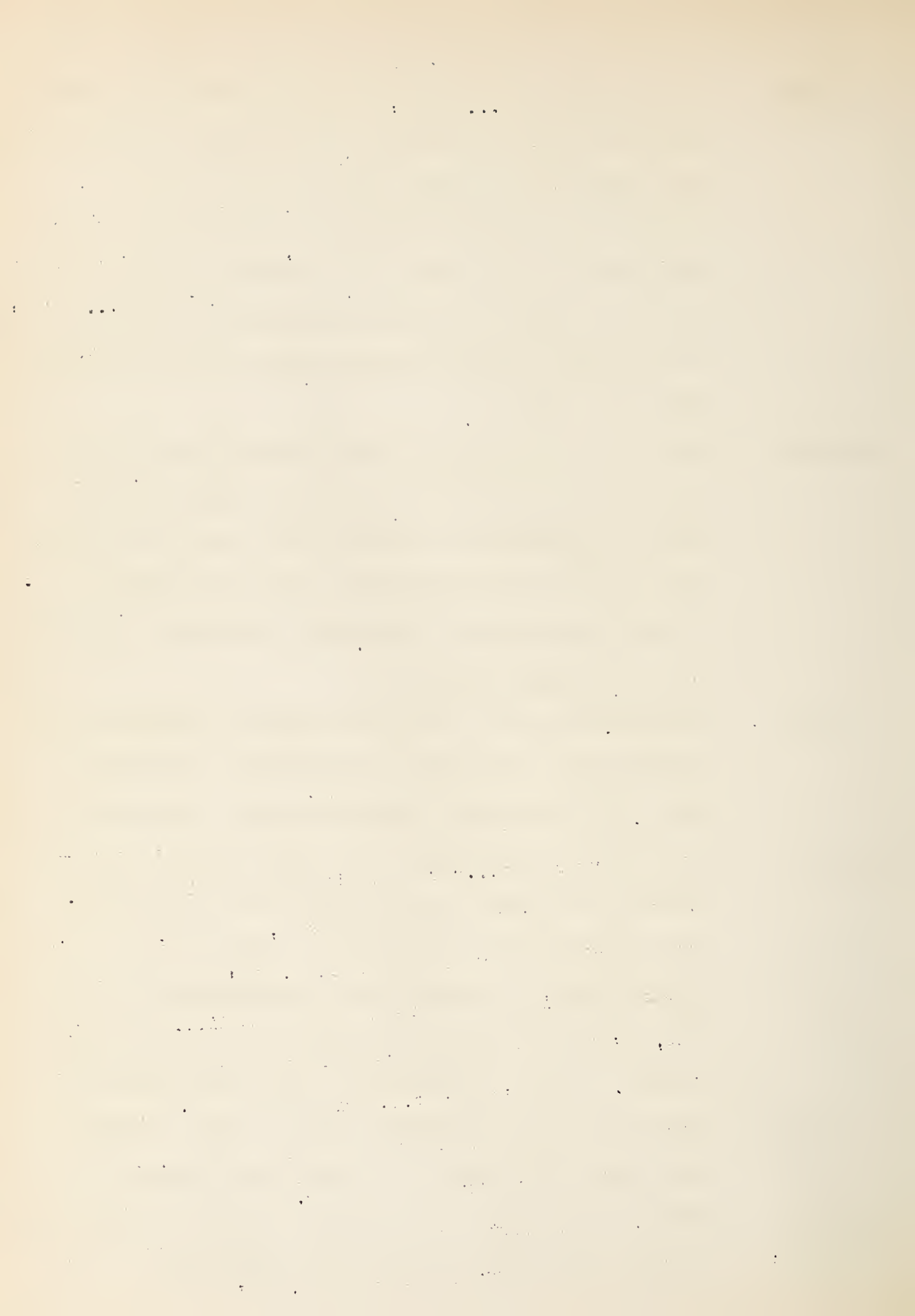
ANNOUNCER: Oh..oh! I can see what **that** means.....easy on the sugar bowl so mother can use the sugar for those holiday cookies and cakes!

CHAIRMAN: Right you are...mother's going to have to count her Christmas cookies carefully this year. I hope that those of you who've been baking fruit cakes and cookies for those overseas Christmas boxes had that in mind, and used other types of sweetening for part of them. If you didn't well...it isn't too late to begin. I know that all of you have recipes on hand which call for honey or corn syrup in place of at least part of the sugar.

ANNOUNCER: D'you know, Mrs. _____, I rather thought we'd have more sugar when the war ended. When I stop to think about it, though, I can understand why it will take some time to get more sugar into this country. Even though the Philippines are back in our hands, I don't imagine they'll have any crop this year at all, will they?

CHAIRMAN: Oh no...it will take a long time to bring our Philippine sugar imports back to pre-war figures...probably at least until 1947. And the drought in Cuba this year was very damaging to the sugar crop...reduced it by nearly a million tons. Nearly half our sugar comes from Cuba, you know, so that's had a serious effect on our supplies. We'll get about the usual quantities from Puerto Rico and Hawaii...but all in all, we'll have about 20 percent less sugar this year than in 1944. And don't forget...part of the world's supply of sugar has to go to the liberated areas of Europe, which have borne such a heavy burden of the war. Their food needs are urgent, and the rest of us must share our sugar with them.

ANNOUNCER: We produce some sugar in this country, don't we?



- CHAIRMAN: Yes we do...and this year I believe the amount of home-grown sugar will be close to 30 percent of our total supply. Incidentally, none of that is sent abroad...we use it all. There are several reasons why our production of sugar is limited, however...competition from other crops for the same acreage...high labor costs, climate and so forth.
- ANNOUNCER: And, of course, not all the sugar goes into household use... the food industry takes a good deal, I know.
- CHAIRMAN: That's true, though all the major users of sugar have taken cuts in their allotments, so that the supply will be fairly distributed. For instance, bakers are receiving only about 60 percent of what they had in 1941; soft drink manufacturers, candy and ice cream makers only half; and commercial canners have been limited in their allotments, too. Since June of this year, they haven't been permitted to put up fruit in anything more than a light syrup. That restriction will continue as long as the sugar shortage does.
- ANNOUNCER: I'd be interested to know how much sugar each one of us gets away with in the course of a year...do you have any idea, Mrs. _____?
- CHAIRMAN: Well, believe it or not, we used an average of 89 pounds of sugar apiece in 1944...which is a lot of sugar, especially in wartime.
- ANNOUNCER: That surprises me...it's over a pound a week. Of course that includes candy and sugar used in cooking, I suppose.
- CHAIRMAN: Oh yes...all forms of sugar. But it's more than we need...This country now uses more sugar than any other country in the world, and many nutritionists have been trying for a long

CHAIRMAN: time to get us to cut down on it. This year, with the sugar
(continued) supply down 20 percent, we'll get considerably less than we did
last year...about 72 pounds.

ANNOUNCER: Well, it's a nice thing to know that we'll get along all right
this year with only 72 pounds...even if we don't like the
situation very well! I've heard it isn't a good idea to eat
too much sugar... but surely sugar is of value in the diet.

CHAIRMAN: Yes, sugar furnishes the body material for energy...also it
satisfies the appetite. But it doesn't supply minerals or
vitamins. Therefore, if a person eats too much sugar, he
cuts down on other foods which he really needs to replace
worn-out tissues, regulate the body processes, and help
protect from illness. And there are plenty of other foods
which can supply the energy the body needs. Really the chief
value of sugar is to make other foods palatable.

ANNOUNCER: A few moments ago you spoke of honey and corn syrup...let's see
....what other substitutes are there?

CHAIRMAN: Molasses, sorghum, cane syrup, maple syrup...all of these
are delicious used in many ways. Furthermore, molasses, the
so-called country sorghum and cane syrup all contain some
minerals, and also iron and calcium. I'm sure most home-
makers already are familiar with the use of some of these
sweeteners, and perhaps they don't need the following warning.
However, for the benefit of anybody listening who's just start-
ing housekeeping, I might mention the fact that care must be
taken in substituting any of them for sugar. You see, they're
all liquid in form, and therefore, it's necessary in baking

CHAIRMAN:
(continued)

to reduce the amount of liquid the recipe calls for. And another thing...corn syrup, sorghum and molasses are less sweet than sugar and can take the place of only half the sugar in a recipe. A great many recipes for the use of these syrups were developed during the war, and I suggest you check up on some, in case you don't already have them in your recipe file. A friend of mine has done a lot of experimenting with the different sweeteners. Her angel food cake made with ample syrup is wonderful, and she says that her family specially likes her chocolate cake made with half honey and half corn syrup.

ANNOUNCER: That sounds good to me!

CHAIRMAN: She's made ice cream with honey, and the chocolate sauce to pour over it also with honey. Here's the place for another warning, however. High temperatures change the flavor of honey, and for cakes or cookies made with this as the sweetening, the oven temperature should be low. The first time I baked cookies made with honey, they all came out dark brunette in coloring, I remember!

ANNOUNCER: I like honey with waffles and pancakes.

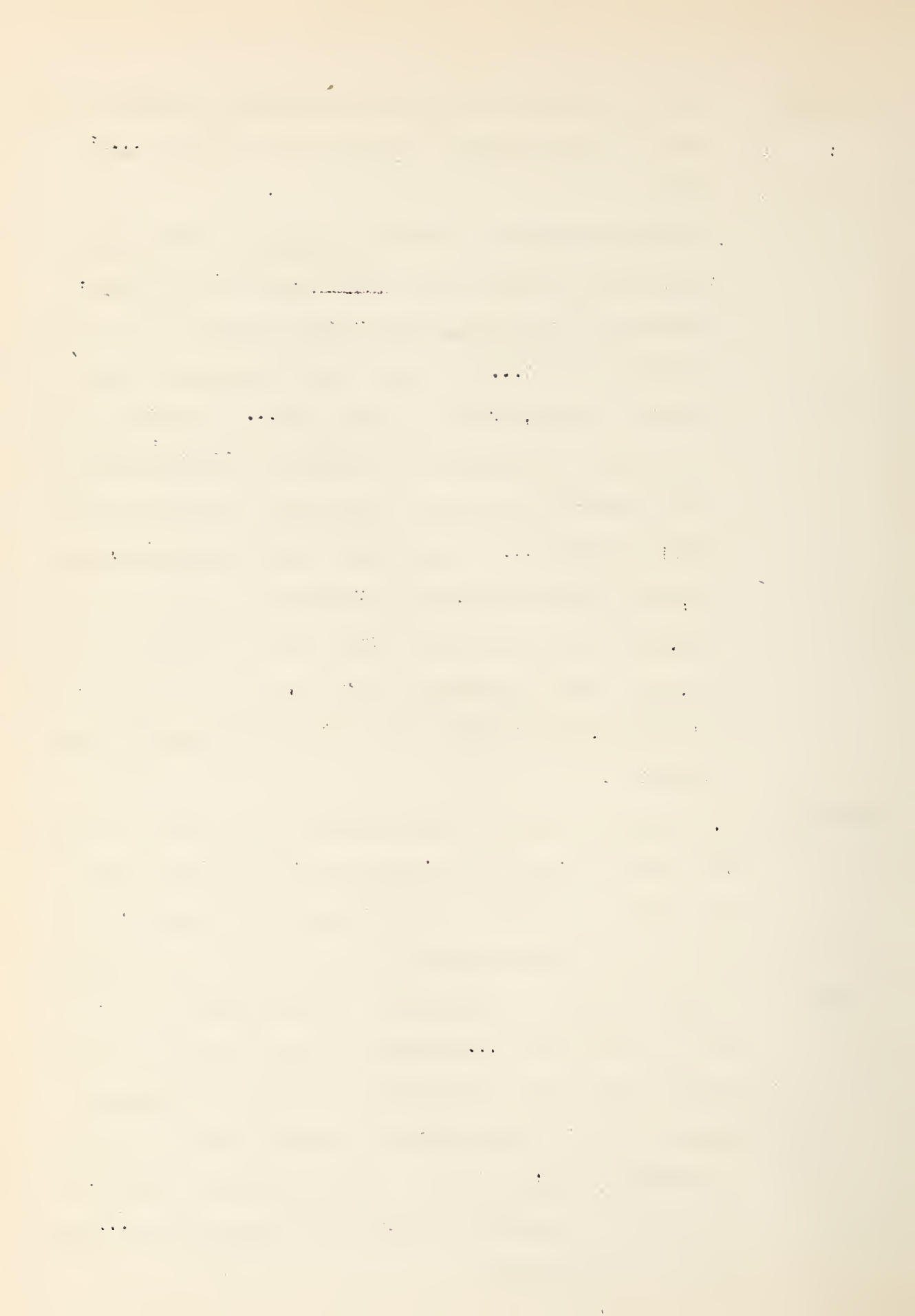
CHAIRMAN: Nearly everybody does, I believe...and it's perfect for sweetening fruits, beverages and cereals. In our house we're specially fond of sandwich fillings made with honey....honey and peanut butter, for instance, or honey mixed with chopped dried fruits. You'll find the flavor of honey very pleasant with grapefruit too...I just dribble a little over each half of the fruit after I've prepared it for the table.

ANNOUNCER: I know people who don't use any sweetening on grapefruit...I've seen some folks sprinkle a little salt on it, as a matter of fact.

CHAIRMAN: I'm glad you spoke of that, Mr. _____. That's what I do, and you'll find that a bit of salt brings out the natural sweetness of the fruit...that's true of apples, too. And when sweetening applesauce, or other cooked fruit...the sugar should be added at the end of the cooking period. It will take less to sweeten the fruit than if the sugar is cooked along with it. And speaking of fruit...and dried fruits, like figs, dates, raisins, prunes, and others, are a great help in the sugar shortage. Dates and raisins are perhaps the highest in sugar content, and they can be used with cereals, puddings, cookies, and spice cakes. They'll not only add to the flavor and texture but will make it possible to cut down on the amount of sugar used.

ANNOUNCER: Mrs. _____, I'm afraid I've been a sugar-waster in one way. That is in using too much sugar in my tea and coffee. I know I've often found some undissolved sugar in the bottom of the cup when I'd finished up the last drop of my beverage.

CHAIRMAN: You're not alone in that...it's a common failing. The war has made many people correct that bad habit, though. They've learned that by using less sugar and stirring the beverage hard, until the sugar's entirely dissolved, it's much sweeter. I remember the sign I saw in a restaurant about a year ago... "Use just one spoonful of sugar, please...and stir your coffee like the very dickens."



ANNOUNCER: They'll be wise if they keep that sign up for another year or so!

CHAIRMAN: They certainly will. According to all the estimates I've seen, the shortage of sugar will continue until the end of 1946... probably even into 1947. So every one of us will be wise to stir hard, and follow all the rest of the sugar-saving devices we know.

ANNOUNCER: Thank you very much, Mrs. _____. I'm sure our listeners will find the suggestions you've made most helpful. Listen in again next week to another program on FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your _____ nutrition Committee.

MUSIC: THEME TO END.

(An exclusive service to local nutrition committees in co-)
(operation with the State and National Nutrition Program,)
(U.S. Department of Agriculture.)

RCS-71-1945

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YOUR NUTRITION COMMITTEE presents

72
JAN 14 1946

Food Makes a Difference

in cooperation with

Packing a Carried Lunch



ANNOUNCER: We bring you now. . .FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station_____in cooperation with your (local, county) nutrition committee presents. . .FOOD MAKES A DIFFERENCE. . .a weekly feature on food to help you feed your family wisely and well. Today we have as our guest, Mrs. _____, (TITLE), who has some suggestions on lunch box fare. You know, Mrs. _____, a lot of folks are under the impression that the lunch pail is ready for a museum spot next to the wooden Indian.

MRS: I wish it were true. Maybe it's because they can enjoy a hot lunch at home or at work, or in the school cafeteria.

ANNOUNCER: So you contend that the lunch pail is still with us?

MRS: You bet it is! We have a way of forgetting that this land is wide and broad. Most of our country is rural...made up of little towns and hamlets...and wide spaces. There are small factories as well as big ones...and little red school houses as well as big universities. Where there are no facilities for serving hot noon-day meals, the lunch box is mighty important. And now, I'd like to ask you a question.

ANNOUNCER: Seems only fair. I hope I can come through with an answer.

MRS: Why do you insist on calling the packed lunch a lunch pail?

ANNOUNCER: Begging your pardon, Mam! It's just that carrying a lunch reminds me of Dinty Moore and Jiggs and corned beef and cabbage. And there's always a pail...I mean a lunch box, in the picture...

MRS: ...And a strawberry blonde and a surrey with a fringe on top. May I touch you with this magic mike and recall you from the good old days? I give you television...and a new streamlined lunch box.

ANNOUNCER: And that goes for what's inside too, doesn't it?

MRS: Exactly. What most folks forget is that lunch is fully as important as breakfast or dinner. About one-third of the day's food quota is eaten at midshift. Lunch time comes when workers are burning up a lot of energy. And they have to refuel for the afternoon stretch.

ANNOUNCER: It doesn't seem to me that it takes much urging to respond to the noon lunch whistle. I've always heard that a man is Johnny-on-the spot when it comes time to eat.

MRS: And that's my cue: Eat a lunch that packs a punch. Whether it's hot or cold, it should still supply its share of vitamins, minerals proteins and energy. In these days when the whole world...and I am not exaggerating...has become aware of nutrition and the diseases that stem from bad eating habits...a makeshift lunch for the midshift meal is out of style.

ANNOUNCER: In other words, an appetizing lunch...is a must for everyone. Does the kind of work you do influence the kind of lunch you should eat?

MRS: It certainly does. The more energy you use, the more food you need to keep your engine running. It stands to reason that the office girl who sits at a desk all day long won't need as much energy-building food as the man who has to shimmy up and down telephone poles.

ANNOUNCER: Let's get down to cases, Mrs. _____. Take the girl who sits at a typewriter...or behind a cash register. What sort of a packed lunch do you suggest for her?

MRS: To begin at the beginning, there are certain minimum requirements for an adequate lunch for all workers. These include milk. Then a vegetable or fruit. Next, some form of protein...be it meat, fish, cheese, egg, dried peas or beans, or peanut butter. And last, bread made from whole wheat grain or enriched flour with butter or fortified margarine. These foods include a representative from each of the Basic Seven Food Groups.

ANNOUNCER: So, that's the over-all formula. Now how about the actual lunch for the gal who sits the day out?

MRS: A one-track mind, eh? All right: Case No. 1: The Office Worker. One sandwich is usually sufficient. The filling might be of meat, eggs, fish or cheese. Include with the sandwich, a carrot and a whole tomato. They serve the double purpose of supplying vitamins and making the sandwich more palatable.

ANNOUNCER: How about fruit for dessert?

MRS: That's good. It can be an orange, a bunch of grapes or a banana...perhaps an apple or a few dates.

ANNOUNCER: And what about the drink?

MRS: Milk is your best bet. But of course milk and foods made with milk, are perishable. So the lunch box that contains milk must be kept in a cold place.

ANNOUNCER: Isn't it easier to purchase a half pint or pint of milk at your place of business rather than bring it from home?

MRS: Oh, certainly, if you can get it. Milk has become such a popular beverage that it is available almost everywhere now.

ANNOUNCER: And now we come to the workers who spend hours on their feet and are fairly active. What about them?

MRS: In this case, the sandwiches should be stepped up to two. A substantial one that will stick, and a lighter one for good measure... something of jelly or peanut butter or cream cheese and olive.

ANNOUNCER: Aren't vegetables a problem?

MRS: Well, not so much. You can have cauliflower roses...cucumber, celery, and carrot strips; radish buds, and occasionally a whole tomato.

ANNOUNCER: That should put a person in a gay, picnic mood. Maybe a jar of stewed fruit would taste good in a packed lunch.

MRS: And another thing that is appealing and adds variety to a packed lunch is a small surprise of some sort, tucked away in a corner of the box.

ANNOUNCER: You mean like the surprise in a grab bag?

MRS: Not exactly. I mean something edible. It could be a square of gingerbread with a filling of cream cheese, or a sack of raisins... Maybe some olives or pickles. Anything that will surprise and please the person who eats it.

ANNOUNCER: And now for the worker, the man that Walt Whitman sings about. The miner...the truck driver...the stoker...the stevedore...the builder of subways and bridges and roads. What about these men who earn their daily bread by the sweat of their brow?

MRS: Coming up...a real square meal...with as many of the protein, mineral and vitamin trimmings as you can pack. At least two solid sandwiches, and another lighter one made from a fruit or nut bread. A thermos of hot soup...deviled eggs...fruit and vegetables. Rice pudding for dessert, milk to drink and the surprise tidbit.

ANNOUNCER: That sounds like a square meal all right. And now let's talk about the school kids. Since vacation is over, they will probably miss those home cooked lunches that were a part of their summertime fun.

MRS: Not necessarily. The packed school lunch, supplemented by something hot, and a glass of milk, can be just as nutritious and have just as much variety as the home cooked or cafeteria lunch.

- ANNOUNCER: Well, now that we know what should go into the lunch box, how about some tips on packing the food?
- MRS: Righto! Let's think about equipment. The right tools are the spring-board of any enterprise. Find a corner in your kitchen cupboard and stock it with waxed paper, paper napkins, a supply of jelly glasses with tight fitting covers, a small meat grinder, a small set of salt and peper shakers, rubber bands, and a thermos bottle.
- ANNOUNCER: What! No toothpicks?
- MRS: Yes, they're useful too...to hold sandwiches together. Then there are some do's and don'ts.
- ANNOUNCER: Can you give us a few hints straight from the eating line?
- MRS: First, some "don't," DON'T put wet drippy lettuce in a sandwich...
- ANNOUNCER: I know...you should wrap it in a separate piece of wax paper.
- MRS: To keep it crisp. Then you shouldn't skimp on margarine or butter. Nobody likes a dry sandwich. Besides, a well buttered surface keeps the filling from soaking through the bread...
- ANNOUNCER: ...and making for soggy sandwiches. Worse than which there is no sandwich at all.
- MRS: Don't have everything the same texture.
- ANNOUNCER: A little munch and a little crunch, I suppose.
- MRS: And DON'T have sandwich fillings oozing out. They are messy to eat.
- ANNOUNCER: But neither shall I skimp on fillings.
- MRS: Then it's better not to cut sandwiches in two. They remain more moist and fresher if left uncut.
- ANNOUNCER: And now for the "do's."
- MRS: The "do's" are easy. DO try to make the lunch taste good. You know your family's preferences. Give them something special like berries or potato salad or applesauce. Or maybe peeled oranges or a cup of pudding. And most people prefer mixed sandwich fillings to plain lunch meats.
- ANNOUNCER: In other words, when you pack a lunch for someone, try to please that someone. One last question, Mrs. _____. Are there any mechanics about actual packing that you could suggest?

MRS: It is well to start with a lunch box and thermos that has been thoroughly washed and aired. It's a good idea to preheat the thermos with hot water before you pour the piping hot chocolate or soup into it. Plan your lunch box at least a day ahead, but pack it at the last moment. And put the heavier things in the bottom. It saves the food from being crushed.

ANNOUNCER: And of course the napkin on top.
Thankyou, Mrs._____for an inside story of the packed lunch box. Wouldn't be caught dead calling it a pail. Thanks again, and we hope you will visit us soon.

Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE, presented by Station_____, in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, U. S. Department of Agriculture.

RSS-72-1945

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

in cooperation with



"THE WELL NOURISHED CHILD"

ANNOUNCER: We bring you now....FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station.....in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Our guest on our program today are Miss_____, county nutrition chairman, and Dr._____(or other expert on child feeding). They plan to make some very practical suggestions to you mothers who are responsible for your children's good health. I know a boy or girl, to be well nourished, must receive all the food materials necessary to grow and function properly. How would you describe a well-nourished child, Doctor?

DOCTOR: Well, I'd say he should have an alert expression and bright, clear eyes. Then I'd expect to find sound teeth, straight legs and a well-proportioned body. Of course a child needs more than just the food materials. He must get adequate sleep, fresh air and exercise to be a healthy child.

CHAIRMAN: I'm afraid many a child isn't getting that part, and isn't getting enough of the right food either.

DOCTOR: I regret to say that's true. A number of studies made on child feeding reveal that many children are poorly nourished.

ANNOUNCER: Is this true in all sections of the country, Doctor?

DOCTOR: Yes, it is, and it's also true of children who grow up with plenty of money as well as those whose families barely make a living.

CHAIRMAN: Apparently, it isn't how much a child eats; it's how much of the right kind of food he gets.

ANNOUNCER: Maybe mothers forget that every day is growing day for children.

DOCTOR: There's no doubt about it. A child's growth depends largely on what he eats. And a mother who plans the daily meals for her child should know what foods he needs.

CHAIRMAN: Can you make some suggestions, Dr._____, that would help a mother plan nutritious meals for her children?

DOCTOR: You know what I'll say first, don't you?

CHAIRMAN: I'm pretty sure you'll say milk, a quart of milk every day.

DOCTOR: In my estimation, milk takes priority on anybody's grocery list. The food value in a quart of milk gives a child health protection that he may not get any other way.

ANNOUNCER: What do you do when a child won't drink milk?

DOCTOR: Then you have to get it into him some other way...soups, or flavored beverages, or puddings, on cereals, over fruit...any way you can.

ANNOUNCER: Just so he gets it. Then what's next in importance, Dr._____?

DOCTOR: Well, from there on I can't rate foods in the order of importance. The safest bet is a wide variety of all foods.

CHAIRMAN: Let's take them one at a time, and start with vegetables. Would you say some vegetables are more essential than others?

DOCTOR: That's hard to answer. Certainly some vegetables give you more for your money than others. Potatoes and sweet potatoes are eaten so widely they've become an important part of our diet.

ANNOUNCER: Potatoes and sweet potatoes are relatively cheap now, too...because crops have been unusually good this fall.

DOCTOR: And price is very important when we're talking about feeding all of our children. Vegetables in season are usually reasonably priced.

CHAIRMAN: Especially now. And I think it's well to remember that green and yellow vegetables are very valuable in a child's diet.

ANNOUNCER: Colored vegetables ought to appeal to the youngsters.

DOCTOR: Yes, an attractive plate often does more to stimulate a lazy appetite than anything else.

CHAIRMAN: No one should have any trouble selecting vegetables that are bright colored this fall...The markets are full of carrots, pumpkins and squash, and all the lovely green vegetables.

ANNOUNCER: Actually, Dr._____, how many vegetables should a child have every day?

DOCTOR: I'd say a child should have, in addition to potatoes, at least 2 other vegetables, and one of the other 2 should be a green or a yellow vegetable.

- CHAIRMAN: Then that takes care of vegetables. So far you've recommended for a child's daily diet, a quart of milk and 3 vegetables. Let's talk about meat now.
- DOCTOR: A child needs one serving a day of meat or some other food, such as cheese or eggs, that has good quality protein. Small servings of dried beans or peas are quite satisfactory occasionally.
- ANNOUNCER: How about fish and poultry...do they rate along with meat?
- DOCTOR: Oh yes, fish and poultry add a great many choices to the list of meat or meat alternate dishes. Now, let's see how far we've gone... milk, vegetables and the meat dish. Bread seems to come next.
- ANNOUNCER: I was taking bread for granted. Doesn't everyone eat bread?
- DOCTOR: Well, I think it's safe to say most people eat bread. It's a cheap source of energy, and a good source of the B vitamins now that white bread is enriched.
- ANNOUNCER: Does white bread compare favorably now with the whole wheat bread?
- DOCTOR: They're very much the same in food value if you're talking about bakers' bread. Of course you know that all our flour on the market is not enriched. So if a woman bakes her own bread biscuits she should take care to buy enriched flour.
- CHAIRMAN: Then you'd say that a child should have enriched or whole grain bread at least twice a day?
- DOCTOR: And probably more, with butter or fortified margarine. These youngsters need some fat on their bones.
- ANNOUNCER: We haven't said much about eggs. Are they in a class by themselves?
- DOCTOR: They really are. A child should have one a day if possible, or at least 4 or 5 a week. If a child doesn't care for eggs...as eggs... he'll probably eat them in custards or other cooked dishes.
- ANNOUNCER: Don't some families have trouble affording eggs, Dr. _____?
- DOCTOR: Unfortunately, they do. But eggs are important in a child's meals, and if necessary, adults can do without eggs better than a child can.
- CHAIRMAN: Let's summarize a little now. So far, you've recommended for a child's daily diet...a quart of milk, potatoes and 2 other vegetables, a serving of lean meat or fish or something equivalent, bread and butter or margarine, and an egg every day if possible. That leaves fruits and cereals.

DOCTOR: We can't forget fruits and cereals. Every child should have 2 kinds of fruit every day, and one of them ought to be a citrus fruit or tomatoes.

ANNOUNCER: Citrus fruit and tomatoes are essential for their Vitamin C, I suppose. That's/very important vitamin, isn't it?

DOCTOR: Very, and one we're likely not to get in sufficient quantity unless we make citrus fruits or tomatoes and raw greens a daily part of our diet.

CHAIRMAN: American children are pretty sure of getting their cereals, wouldn't you say, Dr. _____?

DOCTOR: Generally speaking, yes, although I think we need to emphasize the importance of serving whole-grain or enriched cereals. Oatmeal is one of our best cereals when you're thinking of both cost and food value.

ANNOUNCER: Would you consider these meal-planning suggestions satisfactory for any age child, Doctor?

DOCTOR: I've tried to give you the minimum essentials for the meals of any age child. But of course the quantity of food a child eats depends on his age and needs.

CHAIRMAN: I think the quantity a child eats is more likely to take care of itself than the quality...or variety.

DOCTOR: A child who has been introduced gradually to a varied diet stands a good chance of growing up to like the foods he needs.

ANNOUNCER: And therefore, as far as food can make him so, he should grow into a healthy individual.

DOCTOR: By the way, let's give credit where credit's due. My recommendations are not original you understand. They're the recommendations of our nation's nutritionists who have made extensive studies on child feeding.

ANNOUNCER: I think it might be helpful to review again these foods that are essential for a well-nourished child to have every day. You prompt me if I forget something. First, a quart of milk, then 2 vegetables, preferably green or yellow, plus potatoes, a serving of meat or a meat alternate, 2 or 3 slices of bread and butter, 2 kinds of fruit...How am I doing?

CHAIRMAN: Very well. Don't forget that the bread should be whole wheat or enriched.

DOCTOR: And one of the fruits should be an orange or half a grapefruit or tomatoes.

ANNOUNCER: Oh yes, and cereals, at one or two meals each day. Another point I think worth mentioning is the importance of each meal. Sometimes I think we have a tendency to neglect breakfast or lunch and try to crowd all our eating into one big meal.

DOCTOR: Which just can't be done. You're right. A child especially should have 3 good meals every day.

CHAIRMAN: They should be happy meals, too. Attractive food, well-prepared, and pleasant conversation all contribute to good digestion and healthy bodies.

ANNOUNCER: It's been a pleasure, Miss_____, to talk to you and Dr._____ about this very important subject of a well-nourished child. Thank you very much.

Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE, presented by Station_____, in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, U. S. Department of Agriculture.

JAN 14 1946

Food Makes a Difference

AGRICULTURE

in cooperation with

THE FOOD AND AGRICULTURE ORGANIZATION



ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee presents...FOOD MAKES A DIFFERENCE....a weekly feature on food to help you feed your family wisely and well. October 16 was the opening day of a conference that proposes to prove to the world that food does make a difference...that with enough of the right kind of food we can achieve freedom from want, hunger, and disease. The conference opened in Quebec, Canada, where delegates from all over the world launched the first of the permanent United Nations organizations...The FOOD AND AGRICULTURE ORGANIZATION...FAO for short. Today's broadcast is an effort to explain FAO's proposed strategy in the war on hunger. We have invited Mrs. _____ of _____ to tell us about the coming battle against hunger.

MRS. _____: That's a big order, but I'll try my best.

ANNOUNCER: Perhaps the best tack is to begin at the beginning...

MRS. _____: Then we'll have to go back to 1943 when the late President Roosevelt called together members of 44 nations to meet at Hot Springs, Virginia and talk about food. Nineteen hundred and forty-three...as you will recall...was not an open season for world travel. But for a long time it had been time to start the offensive on hunger...and later might be too late. The President knew that it was a matter that could no longer be delayed. And the other nations knew it too. So they gathered together in an atmosphere of profound gloom about the war situation. When the conferences progressed to the resolution stage, the gloom had been blotted out by a vision of a new world...A world where hunger might be nicely fitted into a straight jacket and chucked overboard.

ANNOUNCER: As simple as all that, oh?

MRS. _____: On the contrary. As complicated as all that. These men were not kidding themselves. The job they had cut out was one of the most difficult in the world. It needed boldness and imagination. Furthermore, it needed the active good will and support of all the nations.

ANNOUNCER: And what did the Conference do?

MRS. _____: Specifically, it formed an Interim Commission...to plan the framework of a permanent body to be known as the Food and Agriculture Organization. You see, these men figured that if the world could be geared and alerted for war...why couldn't the same planning and purpose be directed to peace?...the same high levels of production....the same international cooperation....Why not transform the ugly horns of war into horns of plenty?

ANNOUNCER: It sounds reasonable to me. But what I'm wondering is....how will this brave new world come to pass?

MRS. _____: Well, one thing is pretty certain. You can't wave a little wand and suddenly have efficient production and a world of people who are healthy and well-nourished. It just doesn't happen that way.

ANNOUNCER: How does FAO propose to insure an adequate and healthful diet for all of the two billion, one hundred million people who inhabit the earth...two-thirds of whom do not have enough of the right things to eat?

MRS. _____: First, I think I should make clear that FAO is not a relief agency. The only thing it is giving away for nothing is information and advice.

ANNOUNCER: You mean that it will act as a kind of consultant?

MRS. _____: Exactly. When a patient is real sick, the doctor brings in a specialist to help diagnose the case and prescribe the cure. When a legal settlement hits a snag, the attorney fetches a consultant to unsnag it.

ANNOUNCER: And by the same token...when the world needs advice on food and agriculture it calls FAO.

MRS. _____: That's one way of putting it. FAO hopes to be an expert consultant on nutrition, on food, on agriculture, on forestry, on fisheries. There is no organization in existence that has such broad functions.

ANNOUNCER: Let's try to break down some of these broad functions. According to FAO's constitution, there are four major objectives. Perhaps you could begin with FAO's plans to improve agricultural production.

MRS. _____: Through all history, different countries of the world have been afflicted with too much or too little. Some countries produce more than they can market. Then they have the headache of getting rid of their surpluses. Some countries have all of the agricultural trimmings...mechanical monsters that dig and sow and reap...

ANNOUNCER: And there are other countries that are so thickly populated that they wear out the soil trying to provide for their people. Sometimes all they have to work with is human muscle and a crooked stick used as a hoe.

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MRS. _____: Exactly. FAO's job will be to effect a free exchange of agricultural knowledge throughout the world. It can start with suggesting little improvements...a steel hoe instead of a wooden implement...the use of insecticide dust instead of just sitting back and hoping that the bugs will stay away. Through FAO, a country could have its whole agricultural system surveyed by technical experts on loan from Universities, Ministries of Agriculture, and research stations.

ANNOUNCER: That sounds like a staggering job.

MRS. _____: But FAO is not starting off cold. Beginnings have already been made. A few agricultural research centers have already been set up. Every year exchange students are sent to the highly developed agricultural countries to learn about new tools...new ways to breed livestock...about irrigation and flood control. But this has only been a beginning up to now. FAO intends to make this exchange of agricultural knowledge world-wide.

ANNOUNCER: I should like to ask about another objective of FAO...that is, what can FAO do about raising levels of nutrition and standards of living?

MRS. _____: That, it seems to me, is FAO's most promising obligation. If FAO is successful in linking the newer knowledge of production with the latest knowledge of nutrition, the result will be a healthier world. Human beings need fuel foods for energy...They require animal and vegetable proteins to build and repair body tissues... And they must have vitamins and minerals to build bones, carry oxygen and all of the other complicated goings-on of the body.

ANNOUNCER: You mean FAO can spread this nutrition knowledge to everyone who wants to know?....That it can translate the complicated findings of science into simple words.....and spell the end of pellagra, beriberi, rickets, anemia?

MRS. _____: Yes, the practice of nutrition must be expanded until there is no such thing as malnutrition in the world. But we must bear in mind that mere knowing about principles of good nutrition will not extend lives, keep away the common cold, and protect one's sinuses. There must be adequate world supplies of food. There must be universal employment so that people can have the francs, dollars, and roubles or whatever currency it takes to buy the right foods.

ANNOUNCER: It looks to me as if FAO is getting into something up to its neck.

MRS. _____: You mean that I'll be over my neck...if I start wading into such matters as expanding world economy...international trade... agricultural-industrial balances and the like. I already feel a little shaky. Nutrition is my beat, and I ought to stick to it. But before we leave FAO, I would like to mention one other objective.

ANNOUNCER: You mean marketing?

MRS. _____: That's right. After the food is produced, then it must be delivered. FAO hopes to be prepared to assist with surveys of marketing problems and to give technical advice on building up these facilities. There should be community canning centers..refrigerated storage...transportation for perishable products...community freezers. The room for investigation in this field alone is infinite.

ANNOUNCER: In my humble judgment, it appears that FAO has cut out quite a job for itself.

MRS. _____: Oh, that's not all. Forests and fishes are a part of FAO too.

ANNOUNCER: And what it all adds up to is FREEDOM FROM WANT. I think Mrs. _____ that you and FAO can tell the world that FOOD MAKES A DIFFERENCE. We'll all be watching what happens at the Food and Agriculture Conference in Quebec...for it is an important step toward peace and plenty. Thank you Mrs. _____.

Listen in again next week to another program on FOOD MAKES A DIFFERENCE, presented by Station _____ in cooperation with your _____ nutrition committee.

MUSIC: THEME TO END.

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(An exclusive service to local nutrition committees in cooperation)
(with the State and National Nutrition Program, U. S. Department of)
(Agriculture.)

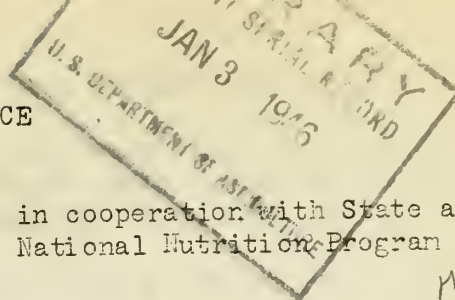
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FOOD MAKES A DIFFERENCE

erve

in cooperation with State and
National Nutrition Program



TREE NUTS

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds).

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today you'll hear two high school students cracking information on nuts. K-T, one of the students, has just gone next door to the Miller home to borrow an encyclopedia of her friend, Larry. (FADES)

K-T: What do you mean, Larry, what kind of nuts? I only want a little dope on nuts...different kinds of nuts...for a report in Home Economics class.

LARRY: So it's all kinds of nuts you're looking for...tree nuts, peanuts, domestic nuts, and imported nuts...cultivated nuts and wild nuts.

K-T: Good gracious...you sound like a nut expert, Larry. The only kinds I know are salted and unsalted or shelled and unshelled. What's the difference between a tree nut and a peanut?

LARRY: Well, a peanut isn't really a nut at all. It's a member of the vegetable family, a goober. If it's walnuts and pecans you're thinking of, you'd better look up tree nuts in the encyclopedia.

K-T: First of all, I'd like to know which nut is grown in the largest quantity in the United States.

LARRY: That's easy. After you take peanuts out of the running, English walnuts come in first, with pecans running a close second.

K-T: Wonder why they're called English walnuts. (DOOR OPENS; MR. MILLER COMES IN)...Oh, hello, Mr. Miller. I'm borrowing your encyclopedia again.

MR. MILLER: That's all right, K-T. What are you looking for this time?

LARRY: Nuts. But she's just asking me questions so far...worming it out the easy way.

K-T: Gee, look what it says here in the encyclopedia. It says that English or white walnuts originated in Persia and have been growing there for 2000 years. Whow! That's a long time.

LARRY: Well, where else do they grow now?

K-T: It says they've also been growing in California since 1867.

MR. MILLER: That isn't very long, but the west coast surely produces a quantity of nuts. About 66,000 tons are being harvested this year, mostly in California and some in Oregon.

K-T: Don't pecans grow in most of the southern states, Mr. Miller?

MR. MILLER: That's right. Pecans are a native nut. They can be either a cultivated nut or a wild nut, but both are good to eat.

K-T: And that's the truth. Do you know...I've seen a lot of almonds in the stores lately. Are they imported?

MR. MILLER: Some of the almonds you see may be imported. But it's more likely you're seeing California almonds. That state raises a big crop of almonds every year. In normal times we import millions of pounds of nuts into this country and many of them are almonds from the Mediterranean area.

LARRY: With the war over, won't Brazil nuts be coming into the stores?

MR. MILLER: We'll probably get a few this year, but the supply won't be normal for another year. K-T, do you know how Brazil nuts grow?

K-T: No, but I'll look it up.

LARRY: Never mind. I know. I saw a picture the other day. Brazil nuts grow together in a large pod that looks like a coconut. There must be 15 or 20 nuts in a shell, and they're packed so close together I doubt if anyone could ever get them back once the shell is cracked.

MR. MILLER: The trees grow extremely tall, and when the nuts are ripe the wind blows the shells to the ground and the natives pick them up.

LARRY: Nuts grow so differently. Did you ever eat a filbert, K-T?

K-T: I think not. What are they like?

LARRY: Filberts are small, sweet nuts that grow in Oregon and Washington.

MR. MILLER: The roadside, native varieties that grow on small bushes were called hazelnuts. The filbert plants under cultivation are trained as trees. We're also getting filberts from Spain and Turkey now, and some cashews from India.

K-T: Cashews are sort of a curly shape, aren't they?

MR. MILLER: Sort of a kidney shape. A cashew nut is enclosed in a hard shell, too, but it grows as a seed from the end of the cashew apple. It's not familiar in this country.

K-T: Nuts are really rather wonderful, aren't they...the way they grow, already packaged...although I must admit I like my nuts shelled.

MR. MILLER: Especially your hickory nuts. Have you ever taken the meats out of hickory nuts, K-T?

K-T: No, but once I took the hulls off a bushel of black walnuts. And were my hands stained! Well, by the time the nuts had dried out enough to crack, my hands were clean again. Black walnuts are hard to crack, too.

MR. MILLER: Yes, I think they're harder to crack than hickory nuts, but walnut meats are easier to pick out than hickory meats. However, when I eat a piece of hickory nut cake I forget the hours it took to remove the meats from their shells. Hickory nuts have such a delicate flavor.

LARRY: But when Mom gives you some of her divinity fudge with black walnuts in it, you think they take the prize.

MR. MILLER: Crunchy cookies full of filberts are hard to beat, too.

K-T: I guess you've never eaten a dish of my mother's almond ice cream, have you, Mr. Miller?

MR. MILLER: Don't know that I have, K-T, but I'd be willing to try.

K-T: Mother blanches the almonds, then toasts them in the oven, and grinds them up...and the flavor of the ice cream is super duper.

MR. MILLER: That sounds so good, I might even made you a pecan waffle in exchange for a dish of that almond ice cream.

LARRY: That's Dad's specialty so you're really getting a bargain, K-T.

K-T: My extra special, Mr. Miller, is fruit salad with English walnuts. But my everyday special is breakfast cereal with nuts. Any kind of cereal, cooked or prepared, is better with a handful of nuts.

LARRY: If you keep this up, I'll be volunteering to crack nuts for you two people. I might even weaken and eat a few.

K-T: Why shouldn't you?

LARRY: Well...when I start eating nuts, I just can't stop.

MR. MILLER: Nuts are good for you. They're quite rich in fat, I know.

K-T: I used to think that black walnuts had more fat than most any other nut, but it says here that pecans have over 70 percent fat. And Brazil nuts, filberts, hickory nuts, and English walnuts have over 60 percent fat. The black walnut, almond, and beechnut...over 50 percent. The cashew and peanut...about 40 percent fat.

MR. MILLER: Nuts are a good source of protein, too, you know. And some nuts, particularly the peanut, contain significant amounts of iron and calcium.

LARRY: Boy, that's good news. Now I'll have an excuse for eating nuts.

MR. MILLER: A great many people are buying nuts this winter for overseas gifts, usually shelled meats in vacuum sealed containers. Though I don't see why a few nuts in the shell wouldn't look good to the boys.

K-T: Mr. Miller, do you think it's more economical to buy nuts in the shell or to buy nut meats?

MR. MILLER: I'd say that depends on what you plan to do with them. If you want salted nuts for a party you'd probably buy the nut meats so you can see what you're getting.

LARRY: And if you have someone around who has time to crack nuts, you might buy nuts in the shell.

MR. MILLER: When you keep nut meats on hand for any length of time, you have to keep them in a cool place, you know.

K-T: But at Christmas time or Thanksgiving, nothing takes the place of a big bowl of nuts and a nutcracker. There's something about a bowl of nuts that looks so jolly.

ANNOUNCER: Thanks, Larry, K-T, and Mr. Miller for the tips on nuts. They're a welcome addition to any meal...for their food value and for their variety of flavors. The voices on our program were _____ as Mr. Miller; _____ as K-T; and _____ as Larry.

Listen in again next week to another program on FOOD MAKES A DIFFERENCE, presented by Station _____ in cooperation with your _____ nutrition committee.

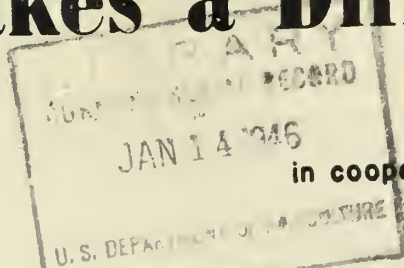
MUSIC: THEME TO END.

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(An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, U. S. Department of Agriculture.)

YOUR NUTRITION COMMITTEE presents

Food Makes a Difference



in cooperation with



THE HOLIDAY BIRD AND HIS "STUFFIN'"

(Those participating are: 1. Announcer, 2. Nutrition Committee Chairman, 3. Poultry Expert, 4. Good cook of long experience)

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE!

MUSIC: THEME (10 SECONDS)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today our nutrition chairman, _____, has picked out a subject that most of us are very much interested in this time of year, "The Holiday Bird and His Stuffin'".

CHAIRMAN: It seems to me, Mr. _____, that you're jumping to conclusions when you say I "picked" the subject.

ANNOUNCER: Oh now, Miss _____, I think you're taking me a little too literally. But since we're launched in that direction why don't you tell us how to select...and I don't mean pick or pluck...a turkey.

CHAIRMAN: Well, selecting the right bird for our Thanksgiving dinners this year is pretty important...because for many of us this is the first year since the war started that we civilians have been able to get turkeys.

ANNOUNCER: That's right, and we want it that way. The men and women in the service had first claim to Mr. and Mrs. Turkey. But this fall I understand we have the biggest flock of turkeys in turkey history.

CHAIRMAN: Plenty of turkeys and a flock of chickens too...which means we'll do a heap of stuffing on Thanksgiving Day.

ANNOUNCER: Speaking of stuffing...that is, I presume you were talking about stuffing the bird...

CHAIRMAN: That makes us even, doesn't it?...on these double meanings. Well, we can't stuff our turkey till we buy it, so let's do a little presto-chango, and take ourselves to the poultry store where we can talk to an expert.

ANNOUNCER: Okay...presto-chango...(FADES OUT)...Well, here we are. Good morning, Mr. _____. I hope you're not too busy to give us a little advice about buying a turkey for Thanksgiving.

POULTRY MAN: That's my business, Mr. _____, and I'll be glad to point out the characteristics of a good bird. If you're buying a duck or a goose, you look for practically the same things you want in a turkey or chicken.

CHAIRMAN: Today we're particularly interested in a Thanksgiving turkey, Mr. _____.

POULTRY MAN: 'Most everybody is, but I'd like to say that turkeys and chickens are just as good to eat on plain, ordinary days as they are on holidays. And I'll have plenty of them. Now, take a look at this turkey.

ANNOUNCER: It's certainly an eye-filler...a beautiful bird.

POULTRY MAN: And a big one, too...weighs close to 24 pounds.

CHAIRMAN: That's dressed weight, isn't it? ...

POULTRY MAN: Yes....Dressed weight means that the bird has been picked but not drawn, and the head and feet have not been cut off.

ANNOUNCER: Why do you leave the heads on your birds?

POULTRY MAN: Oh, that's for your protection. The heads must be left on as evidence that the birds were in good health when they were slaughtered.

CHAIRMAN: Well, your birds certainly look healthy, Mr. _____. That one has such a plump, well-rounded body.

POULTRY MAN: That's one thing to look for when you're buying a bird. You want one with a well-fleshed breast and a good coating of fat under the skin.

CHAIRMAN: I'm always careful to get a turkey or chicken without many pin-feathers.

ANNOUNCER: And since I often carve the birds I'm particular about buying one with a good shape, one with a straight breast bone...looks nice on the table, too.

POULTRY MAN: A first class bird won't have any deformities or breaks in the skin. And if you're buying a young bird the flesh should be fine-grained, soft and tender in appearance.

CHAIRMAN: Mr. _____, what size turkey would you recommend for a crowd of 12 people?

- POULTRY MAN: Well, when you want a turkey for roasting, the minimum for each person is about 3/4 to one pound...that's dressed weight. For 12 people I'd suggest a 12 to 18-pound turkey, and maybe a little larger. Most people like some turkey left over. I'm selling a lot of big turkeys, this year, because so many families are having reunions...homecoming parties for the boys. It'll be a great Thanksgiving.
- ANNOUNCER: Well, you have some customers waiting for you, Mr. _____, and we'll be slipping back to the studio. Thank you very much for your suggestions. Here we go, Miss _____. (FADES OUT AND IN). Well, I see we picked up Mrs. _____ on the way back.
- CHAIRMAN: Yes, I thought we needed the help of a good cook, and I asked Mrs. _____ to come along.
- ANNOUNCER: That's a fine idea. We need the voice of long experience when we talk about roasting a turkey.
- MRS. _____. Oh, roasting a turkey or chicken isn't difficult, Mr. _____. I'm sure Miss _____ knows all the rules.
- CHAIRMAN: Knowing the rules, and knowing the fine points that come from experience, are not the same, Mrs. _____.
- MRS. _____. I think the most important rule to remember about cooking poultry is to cook it at moderate heat, so the meat will be juicy, and evenly done. But what many women don't realize are the varieties of ways you can prepare poultry, other than roasting.
- CHAIRMAN: What's your favorite, Mrs. _____?
- MRS. _____. Fried chicken, of course. But braised chicken with vegetables is another dish that runs a close second to fried chicken. And stewed chicken with noodles is a wonderfully satisfying dish on a cold winter day.
- ANNOUNCER: That reminds me of fricasseed chicken with dumplings. Hm! hm! that's good. By the way, Mrs. _____, how do you suggest using leftover turkey?
- CHAIRMAN: Mr. _____, do you mind if we start first with how to stuff and roast the turkey, then talk about the leftovers?
- ANNOUNCER: Guess I did get the cart before the horse. Okay, let's back up. First, we buy the turkey, then we make the stuffing.
- MRS. _____. Not quite. First, we buy the turkey, then we groom the turkey. We make sure the bird is drawn, then we pull out the pinfeathers, and singe off the hairs over a flame. You have to do that quickly so as not to darken or scorch the skin.
- CHAIRMAN: How do you wash a turkey, Mrs. _____? With a soft brush or a wet cloth?

MRS. _____: Either one, depending on the condition of the bird. But I'm always careful to wash any bird with cold water, inside and out, and dry him before I start to salt and stuff him.

ANNOUNCER: Now I'm getting interested. Those stuffing recipes seem to be such great secrets.

MRS. _____: Not really, Mr. _____. It's just that stuffings can be made in such a great variety of ways. Every woman has her own particular touch when she adds the seasoning.

CHAIRMAN: Some like 'em wet, some like 'em dry, some like 'em with sage, and some without. But all poultry stuffings are built on the same general pattern...a bread base. It might be white, brown, or cornbread. What do you like best, Mrs. _____?

MRS. _____: I most often use enriched white bread, maybe three days old. I like a moist, rich dressing, so I use a generous amount of melted butter or some other good flavored fat to add richness.

ANNOUNCER: Then comes the seasoning. Is sage first choice?

MRS. _____: Yes, I think so. Most of our grandmothers used sage and it's still a favorite. I like to experiment with herbs. Savory, sweet marjoram and thyme are wonderful in poultry dressing. Of course, if you're adding oysters to your stuffing, or nuts or dried fruit, then you have to use herbs with caution in order not to submerge the other flavors.

ANNOUNCER: You haven't mentioned celery and onions in your stuffings. I hope they haven't gone out of style.

CHAIRMAN: Good recipes rarely go out of date. We probably roast and stuff a turkey very much like our foremothers roasted theirs.

ANNOUNCER: I'm getting hungry. Let's put that turkey in the oven.

MRS. _____: All right...in she goes..in a shallow pan, no cover and no water, but the oven must be moderate or even slow for the entire cooking period. Stuffed turkeys or chickens should be turned occasionally and basted in their juices.

ANNOUNCER: How often should they be turned, Mrs. _____?

MRS. _____: Well, I'd say a 12-pound turkey should be turned about every half hour. The larger they are, the less often they need turning.

CHAIRMAN: Would you say a 16-pound turkey should have about five to six hours to roast?

MRS. _____: Yes, if you keep the oven temperature about 275 degrees, you'd have a beautiful, golden brown bird, ready to almost melt in your mouth, Miss _____.
1946

ANNOUNCER: Well, the least I can wish, Mrs. _____, after this good advice, is that everyone who roasts a turkey or chicken on this great peacetime holiday will be perfectly satisfied with her work of art. --- Happy holiday to you all.

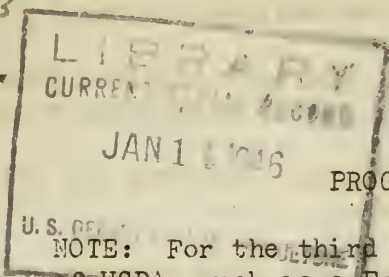
Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...presented by Station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, Department of Agriculture.

RSS-73-1945

FOOD MAKES A DIFFERENCE



in cooperation with State and
National Nutrition Program

PROGRESS FROM PILGRIMS

U.S. DEPT. OF AGRICULTURE
NOTE: For the third voice you will want a representative
of USDA, such as a Federal-State Fruit and Vegetable In-
spector, or an Extension worker or a County Agent.

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds).

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition com-
mittee presents...FOOD MAKES A DIFFERENCE...a weekly feature on food
to help you feed your family wisely and well. With our Thanksgiving
holiday fresh in our minds, we plan to pause for a few moments and
take a backward glance at the first Thanksgiving dinner.

USDA: That's a long time ago, Mr. _____.

ANNOUNCER: Yes, Mr. _____, from what you say, the tables at that New England feast
in 1621 didn't look much like our Thanksgiving tables today. Mr. (USDA),
our (title) _____, has been pointing out to Miss _____ and me, some of
the changes that have taken place in the quality and variety of the
foods we eat nowadays. Miss _____, as _____ Nutrition Committee Chairman,
I suppose you're especially interested in the nutritive differences
of our meals and those of the Pilgrims.

CHAIRMAN: Indeed I am, and it makes me glad to be living today. Do you know
what the Pilgrim Fathers ate on that first Thanksgiving?

ANNOUNCER: Turkey, for one thing, and probably venison.

CHAIRMAN: Yes, I think the Indians are credited with bringing in the venison,
and the Pilgrim Fathers shot the turkey...wild turkey...probably tough
and strong flavored compared with our domesticated bird.

USDA: Well, the turkeys on the market today are even better than they were
25 years ago. The Department of Agriculture has been conducting a
rather intensive research on turkeys, to produce a bird with more
white meat and more tender meat.

ANNOUNCER: And I understand they are now raising smaller turkeys adapted to the
needs of small families.

USDA: That's part of it, too. Oh, the Department has pioneered thousands
of experiments to improve our agricultural products. If you compare
the corn the Pilgrims ate with the corn we raise now, you'll find our
modern corn is superior in many ways.

CHAIRMAN: I recall that our wheat crops, took, took a change for the better when a Mr. Mark Carleton, who was a scientist with the Department of Agriculture, saw wheat growing on the Russian plains.

USDA: He was a breeder of wheat, wasn't he? And he recognized this hardy variety as a type that would grow well on our midwestern plains.

CHAIRMAN: That's the story. It's called Durum wheat. Macaroni and similar products are made from this hard wheat.

ANNOUNCER: I wonder if the cranberries that we buy now are any better than they were in colonial days.

CHAIRMAN: I understand that the cultivated cranberries are much larger and juicier than the wild New England berries were.

USDA: I think fruits, with the exception of plums, were scarce around there, and vegetables weren't too plentiful. The early settlers had pumpkins, squashes, onions, potatoes, and sweet potatoes. A little later they raised kidney beans, and I suppose, in the early summer, they had some wild greens.

CHAIRMAN: And today...when we go into a vegetable market, it's a common sight to have from 10 to 15 fresh vegetables to choose from.

USDA: That's another field in which the Department of Agriculture has accomplished a great deal. They've spent many years improving and standardizing the quality of fresh fruits and vegetables that reach the market.

ANNOUNCER: The Federal fresh fruit and vegetable inspection service is another valuable branch of the Department...when the inspectors grade a load of potatoes or apples, the man who sells them is protected and the buyer has a dependable measure of quality.

CHAIRMAN: But do you ever think that no matter how fine the potatoes are that grow in Maine or Idaho, if we didn't have an excellent transportation system, the people in Illinois and other states could never enjoy them.

USDA: That's true, but take it a step further. If we didn't have the refrigerated cars, we couldn't take Texas carrots to New York...and Maine potatoes to Illinois. For many years the Department has conducted transit refrigeration tests on fresh fruits and vegetables in order to determine the most efficient and economical methods for protecting these commodities.

ANNOUNCER: Do you mean how much ice to use?

USDA: Yes, the amount of ice, and how often the refrigerator cars should be re-iced in transit.

ANNOUNCER: How food gets distributed from the places it grows, to the people who want to buy it, is really a fascinating study. My attention was called to the chain of cold storage warehouses stretched across the nation, and I learned that a monthly report on these food stocks is always made public by the Department of Agriculture.

- CHAIRMAN: Sounds similar to an inventory that housewives make on their own refrigerators and pantries every few days.
- USDA: That's the same idea...to check on supply. With that report, the food men from coast to coast can study the figures and learn where there's available space for storing more food.
- CHAIRMAN: That food storage report reminds me of another marketing service which the Department of Agriculture makes. I'm referring to the market news men who collect information in the big terminal centers on the fresh fruit and vegetables that are brought in. These reports help the farmers and food dealers to know current prices...and to know when and where to market their products.
- USDA: Then we're agreed that our dinner tables today would present a surprising sight to our Pilgrim Fathers. The variety of food they had the first few years, especially in the winter, was very limited.
- CHAIRMAN: Perhaps it is a good idea to take a backward look occasionally. It helps us see the progress we've made. Of course, I'm particularly interested in the advances in nutrition.
- ANNOUNCER: What would you say are the outstanding accomplishments in the field of nutrition, Miss _____?
- CHAIRMAN: That's much too difficult to sum up in a sentence or two. But I can say this...I think the average person now knows how important it is to eat right. And most women are trying to plan meals that will satisfy their families' nutritive requirements.
- USDA: Wouldn't you say the bread enrichment program is another step forward?
- CHAIRMAN: It certainly is. Enriched bread and flour are important protection in our diets. The results of the research concerning vitamins and minerals, not only in bread, but in all our foods, is passed along to the public through radio and through the press.
- ANNOUNCER: And through the bulletins the Department of Agriculture puts out. I think any woman who wants the latest information on what to cook and how to cook it can get a wealth of useful facts about food from the Department of Agriculture in Washington, D. C.
- USDA: You might say that's the last word on this comparison of modern foods with the food 300 years ago. Scientific cultivation has improved the quality as well as the quantity of our foodstuffs.
- ANNOUNCER: And modern refrigeration, warehousing, transportation, and communication bring the fruits of that research to every person who wants it...whether he lives in a city or the country. Yes, I think it's worthwhile to pause and give credit to the men and women who have pioneered in both public and private research activities, to improve our food and consequently our enjoyment of living.

(more)

Thank you, Mr _____, for your part on this program, and thanks to you, Miss _____, for arranging the interview. Listen in again next week to another broadcast of...FOOD MAKES A DIFFERENCE, presented by Station _____, in cooperation with your (local, county) nutrition committee.

MUSIC:

THEME TO END.

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(An exclusive service to local nutrition committees in cooperation
(with the State and National Nutrition Program, U. S. Department
(of Agriculture.)

RSS-77-1945

Food Makes a Difference

in cooperation with

A RE-INTRODUCTION TO DRIED FRUITS

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____in cooperation with your (local, county) nutrition committee.....presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely & well. Our subject today is Fruit Basket Upset. Is that right, Mrs. _____? It sounds like a game we played when we were kids.

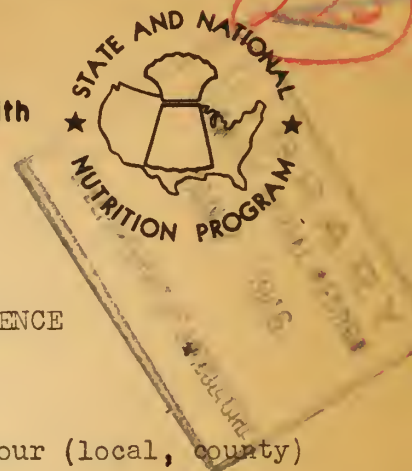
CHAIRMAN: I had that game in mind, Mr. _____, because I want to talk about fruit and fruit surprises today. Do you remember what fun it was....when the music stopped...to see who was left without a chair?

ANNOUNCER: Yes, the surprise was almost as exciting as the race for a chair.

CHAIRMAN: Every one enjoys surprises. So I'd like to suggest a new fruit to add to the variety we usually fill a fruit bowl with.

ANNOUNCER: A new fruit! That is news!

CHAIRMAN: Oh not really new...actually dried fruit is very old....but we don't usually think of adding dried fruit to a bowl of fresh fruit, you know.



ANNOUNCER: We probably don't think of it because we haven't seen much dried fruit for the last 4 years.

CHAIRMAN: That's another reason for talking about all the good ways to use dried fruit. I thought a reminder or two might give homemakers a little help on how to fill their fruit baskets.

ANNOUNCER: A bowl of fruit on a table looks mighty pretty...and tastes good, too, when you want something to nibble on. Apples are one of my favorite fruits, but they're scarce this year, aren't they?

CHAIRMAN: Unfortunately, they are. However, we can be sure of plenty of oranges for our fruit bowls....and a few bananas, in addition to pears and grapes when you can get them. When you add dried fruits to that list of fresh fruits you can make a very attractive bowl of fruit.

ANNOUNCER: And what could be more pleasant on a winter's evening than a comfortable chair by a bright, Cheery fire....a book and a bowl of fruit.

CHAIRMAN: You make it sound very attractive, Mr. _____. Since we don't have the sugar to make sweets, dried fruit serves another purpose, too. Dried prunes, peaches, apricots and raisins....all have a natural sweetness that most people like for between-meal snacks.

ANNOUNCER: Say, that's the best idea yet. With the sugar bowl getting lower and lower, and all the rest of December to go yet before another sugar stamp is good, we certainly can use

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ANNOUNCER: dried fruits to satisfy that desire for something sweet. I'm
(continued) wondering how the food value of dried fruit compares with
the food value of fresh fruit, Mrs. _____.

CHAIRMAN: Pound for pound, dried fruits, outshine the ^{fresh} fruit in minerals
and most other food values. There is less water, and more
substance to them.

ANNOUNCER: And of course you can always add water to dried fruit to
make some fine desserts for mealtime.

CHAIRMAN: You certainly can. Dried fruits are one of the magic foods
of the kitchen. A clever cook can take them, dry and
wrinkled as they are, and change them into a tempting hot
dish or a tasty fruit dessert.

ANNOUNCER: Dried fruits remind me of Cinderellas....they're no
trouble to have in the house, just fit themselves into
any corner where the dust and insects don't bother them.

CHAIRMAN: And you can always count on them to help out in an
emergency. Dried fruits may not be glamorous to look at
but just give them a few hours' soaking, a little slow
cooking, and you have beautiful purple plums or golden
apricots, fit for a king.

ANNOUNCER: You mentioned a hot fruit dish, Mrs. _____. Can you
suggest a royal dish or two in which dried fruits share the
honors.

CHAIRMAN: I could name dozens, Mr. _____, but I was thinking of
a particular main dish that begins with one of the cheaper
cuts of meat. You make a stuffing for the meat from bread
crumb or cooked cereal, and to the stuffing you add some
dried fruit...pre-cooked, of course.

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ANNOUNCER: With a fruit stuffing you could certainly transform an inexpensive piece of meat into a real holiday fare.

CHAIRMAN: That's actually what dried fruit can do to many dishes.... transform them into a 'party' dish. Dried fruits add flavor and sweetness to cereals at breakfast time, or even at supper, when you want to serve something light.

ANNOUNCER: Many a pudding too, becomes an 'extra special' when dried fruits become a part of it. I insist that a bread pudding -with dried fruit added to it is like a Cinderella after the fairy waves her magic wand.

CHAIRMAN: You have something there. I think muffins and cake or cookies...all take an addition appeal, both to grown folks and to children, when the baked goodies are full of dried fruit.

ANNOUNCER: Of course the fruits you put into cake or cookies are always cooked first, I suppose, except in the case of raisins?

CHAIRMAN: Oh yes, usually. Soaking and cooking makes the skins of the fruits more tender. You probably know that dried fruit should be cooked in the same water in which it's soaked, ~~then~~ you can enjoy all the flavor of the fruit that soaks and cooks into the juice.

ANNOUNCER: How much sugar would you recommend for seasoning dried fruit, Mrs. _____?

CHAIRMAN: Well, many people don't use any sugar at all. And a very little is really enough to bring out the natural flavor of the dried fruit.

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ANNOUNCER: This re-introduction to an old friend is very pleasant, Mrs. _____, makes me want to get better acquainted right away. I think I'll make frequent calls on that fruit bowl if it can sport a variety of dried fruits. An orange and a handful of dried apricots...Couldn't ask for better company when I'm listening to a good radio program. Thank you very much Mrs. _____, for your excellent suggestions for the use of dried fruits. Listen in again next week to another program on FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your _____ Nutrition Committee.

MUSIC: THEME TO END,

(AN exclusive service to local nutrition committees in))
(cooperation with the State and National Nutrition)
(Program, Department of Agriculture.)

RSS-78-1945

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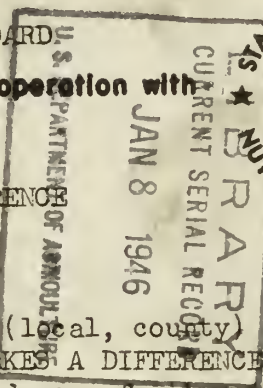
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Cap. 2
11-21-4
2000
YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

FILLING THE HOLIDAY SWEET CUPBOARD

In cooperation with



ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee presents...FOOD MAKES A DIFFERENCE...A weekly feature on food to help you feed your family wisely and well. Today our nutrition committee chairman, Miss _____, tells me we're to hear the results of a treasure hunt. Is this buried treasure you've been digging up, Miss _____?

CHAIRMAN: Not exactly, Mr. _____, although you might say we've been scraping the bottom of the sugar bowl, and our pannings haven't yielded much. So we put on magnifying glasses and looked for something to take the place of sugar that wasn't there.

ANNOUNCER: Well, with Christmas coming on, and cooky jars empty, I'm sure we're all eager to hear the results of your findings.

CHAIRMAN: Three of us worked together on this treasure hunt...Miss _____, who is a member of the Nutrition Committee, and Mrs. _____, who has earned a reputation in her neighborhood for unusual and delightful Christmas goodies.

ANNOUNCER: I'm 'all ears'...What's the good news?...sweet news, I hope:

CHAIRMAN: Yes, believe it or not, we have baskets and jars of goodies to sing about. Our theme song is Sweet and Low...Sweet to taste and low in sugar content. First of all, we want to tell you about our cooky ideas. Miss _____ is our authority for cookies.

COMMITTEE MEMBER: Let's don't say authority...rather a collector of ideas. I won't try to repeat any recipes, but I would like to urge any one who wants to know how to use honey or molasses in place of sugar to get reliable directions or recipes tested for that purpose.

CHAIRMAN: Women's pages in the newspapers and magazines have been carrying advice on how to adjust recipes to reduce the sugar or substitute for it. (IF YOUR STATE AGRICULTURAL COLLEGE PUBLISHES A LEAFLET ON THIS SUBJECT, YOU MAY WANT TO MENTION IT)

COMMITTEE MEMBER: The suggestion I'd like to make today is to steer clear of rich cookies that call for quantities of sugar and butter, and select instead a simple, basic cooky recipe that uses a minimum of each.

ANNOUNCER: But I don't understand...

COMMITTEE MEMBER: You will, Mr. _____. You see when you can't depend entirely on the richness of the ingredients for a cooky's goodness, you have to use other factors, such as unusual shaped cookies, different flavors, surprising decorations and that sort of thing.

ANNOUNCER: I gather that the general purpose is to divert attention from the missing sugar, and at the same time, make the cookies good to eat.

COMMITTEE MEMBER: You're right, and it's really lots of fun to fill a cooky jar with variety of cookies. If any one in the family is artistic, he can make cardboard shapes...stars, Santa Claus, a Christmas tree...

CHAIRMAN: And animals shapes make nice cookies for children. If you can't draw freehand, you can always trace pictures onto cardboard, cut them out and lay them on the cooky dough, then cut around them.

COMMITTEE MEMBER: Decorating the cookies is fun, too, and a job for the whole family if they like to help in the kitchen. If your cooky dough is honey colored, you can dilute red and green vegetable coloring and use it to paint the Christmas tree cookies green and parts of Santa's suit in red. Then I'd use pieces of raisins and nuts for Santa's gift bag.

ANNOUNCER: How about chips of hard candies for stars on the Christmas tree cookies?

CHAIRMAN: That's a clever idea. And another suggestion I like is to chop dried fruit after it's been cooked and add it to part of the cooky dough.

COMMITTEE MEMBER: Chocolate drops and nuts give you endless variations, of course, and if you like spices and grated orange or lemon rind...you can add some delicious cookies to your collection with different combinations of spices and citrus rind.

ANNOUNCER: Do all these cookies have to be rolled?

COMMITTEE MEMBER: Oh my no. The cookies with the dried, cooked fruit may be moist enough for drop cookies. Then there are filled cookies, full of surprises. Peanuts and peanut butter make good fillers, and raisins or chopped dates are delicious.

ANNOUNCER: What do you mean...fill a cooky, Miss _____?

COMMITTEE MEMBER: You have to roll the cooky dough about an eighth of an inch thick, and cut it out in circles, half the circles a little larger than the other half. You put your nuts or raisins... whatever you want for a filling...in the smaller circles and top them with the larger circles of cooky dough, and pinch the edges together.

CHAIRMAN: I think it's a good idea to prick the top, to let the steam out, and keep the cooky together.

COMMITTEE MEMBER: Yes, that's important. And another hint about cooky making... perhaps everyone knows it...is to use chilled dough when you want to roll out the cookies. Chilling hardens the fat and makes the dough easier to mold into cookies.

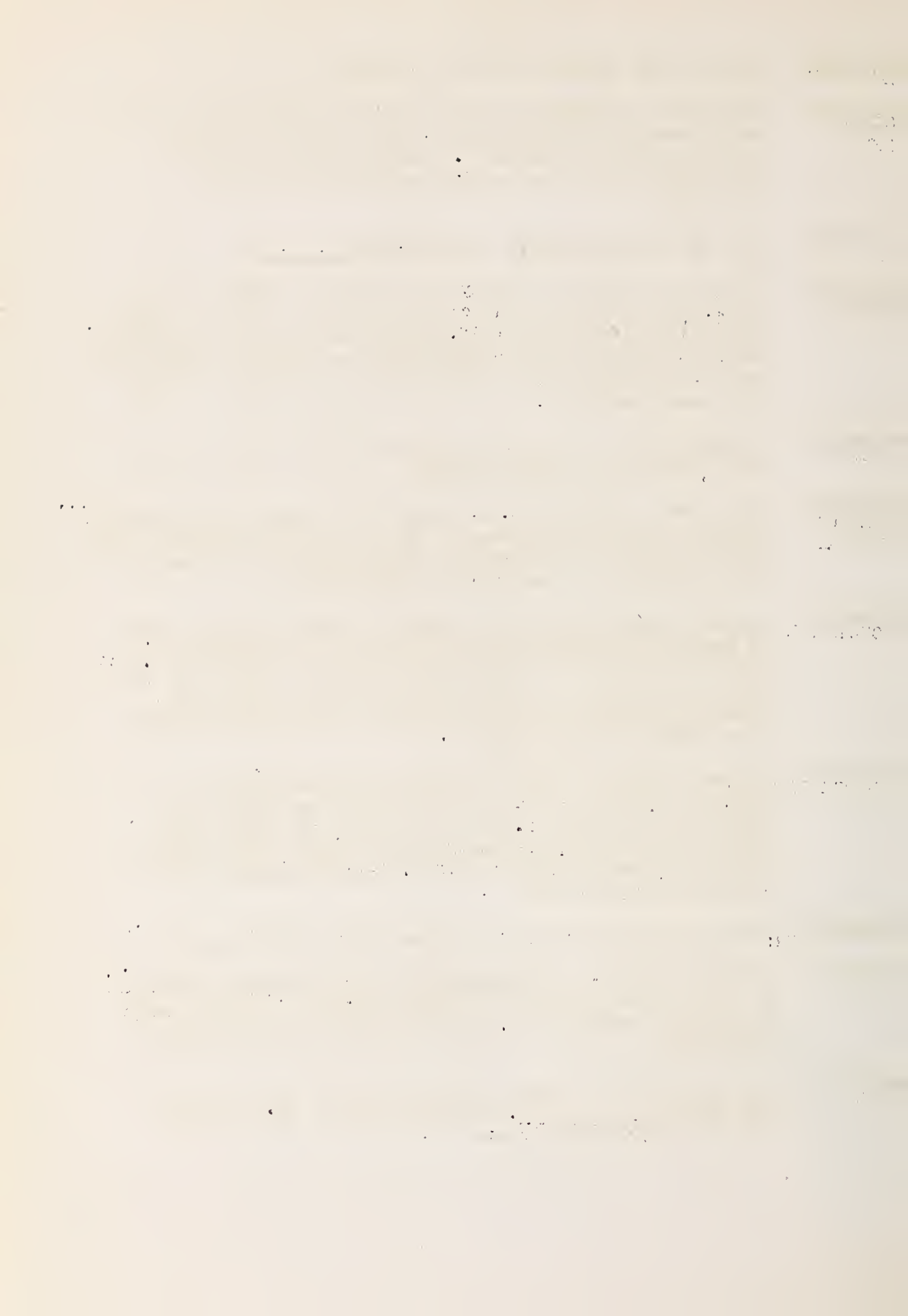
CHAIRMAN: The more flour you use the harder the cookies will be. And if you're interested in quantity, roll the dough thin. There, I think we've pretty well filled the cooky jar. It's time to give Mrs. _____ a chance to share her ideas on Christmas goodies. Perhaps you have a cooky suggestion or two, first, Mrs. _____.

HOMEMAKER: I wondered why you didn't mention more about molasses cookies. They're favorites at our house and take such a little bit of sugar. We make thick ones and thin ones, plain and fancy, and always hang a few with a hole in the middle, on the Christmas tree, along with popcorn balls wrapped in waxed paper.

ANNOUNCER: And pray tell how you make popcorn balls without sugar?

HOMEMAKER: You make them with a honey syrup and maple sugar mixture... or you can make them with a plain taffy or a molasses candy or chocolate mixture. Popcorn balls are a fine Christmas confection.

CHAIRMAN: You mentioned that peanut clusters could be made the same way, Mrs. _____. That appealed to me. And stuffed fruits...tell us about them.



HOMEMAKER: Well, you can get dried peaches, apricots, and prunes now that make delicious tidbits when they're cooked and stuffed with nuts and raisins. I used to roll them in powdered sugar, but I don't have enough to do that this year.

ANNOUNCER: It looks like we'll have to do without candy this Christmas.

HOMEMAKER: Not if you like molasses candy, Mr._____. A molasses candy pull is an annual event at our house, and a lot of fun. If you can get corn syrup you can always have a taffy pull.

ANNOUNCER: You certainly paint a rosier picture of this Christmas goody situation than I had dreamed possible. It's surprising what you can do with a little ingenuity.

CHAIRMAN: And a little sugar, honey, molasses or corn syrup.

COMMITTEE MEMBER: You need some extras, too, such as nuts and dried fruits, some chocolate and hard candies for cooky decorations.

HOMEMAKER: You can fill a cooky jar pretty quickly if you make a few filled cookies; and lot of rolled cookies and some drop cookies. Then, in addition to the cookies, you'll want a box of stuffed dried fruits for the special occasions.

ANNOUNCER: With one evening for popcorn balls and one for a taffy pull, you ought to satisfy even the sweetest tooth. I won't say again that we'll have a sweet-less Christmas.

CHAIRMAN: If we've convinced you, perhaps we've opened up a series of sweet ideas for other people. Christmas is a time of observing customs, and the people who look forward to eating rich cookies and cakes during the holidays will be dissapointed. But if they've saved any sugar at all and are willing to try something new, they can plan for the holiday festivities with a pleasant feeling of adventure. They can derive a real satisfaction in offering their families a variety of delicious Christmas goodies.

ANNOUNCER: Thank you, Miss_____, for unearthing such splendid ideas... and for your help Miss.(Comm.mem.)and Mrs.(Homemaker)in this treasure hunt for holiday sweets.

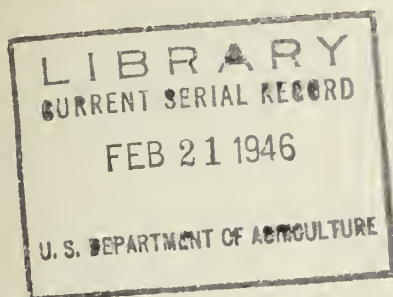
Listen in again next week to another program on FOOD MAKES A DIFFERENCE presented by Station_____in cooperation with your_____.

THEME
MUSIC: THEME TO END.

(An exclusive service to local nutrition committees in coopera-
(tion with the State and National Nutrition Program, Depart-
(ment of Agriculture.)

73.
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12-7-45
Ben Davis
YOUR NUTRITION COMMITTEE presents

Food Makes a Difference



in cooperation with



HOLIDAY EATING

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station ~~WQXX~~ in cooperation with your (local, county) nutrition committee presents.....FOOD MAKES A DIFFERENCE.....a weekly feature on food to help you feed your family wisely and well. Our nutrition committee chairman, Miss. _____ and two members of her committee, Mrs. _____ and Miss _____ are here today to talk on "Before and After". That's a rather intriguing title, Miss (chairman), but what does it mean.....before and after what?

CHAIRMAN: Before and after Christmas dinner, Mr. _____. Most women plan their Christmas dinner very carefully, you know, but sometimes they forget to make any menu plans for the days before and after.

ANNOUNCER: Well, does any one really care what he eats before and after a big turkey dinner?

CHAIRMAN: At the time, he probably doesn't. I've frequently said, after eating a big holiday meal, "I don't want any more to eat for a week". But I..

ANNOUNCER: I know. I'm guilty, too. A couple of hours later I'm probably nibbling on nuts, or chewing a piece of celery. But aren't there usually enough left-overs for the next day or two after a big meal?

CHAIRMAN: Take over, Mrs. _____. That's your question.

MEMBER 1: Judging from my experience, Miss _____, I'd say "yes" to that question, but I'd like to add that even when you have left-overs you need other foods, too.....fresh foods of a different kind.

- CHAIRMAN: And what's your idea, Miss_____, about depending on left-overs for the next day or two after a big meal?
- MEMBER I: Well, I've been thinking in terms of planning meals for the entire holiday season. Left-overs are only a part of it. They're all right as far as they go....but they don't go far enough---nutritionally. To serve balanced meals, I think it's important to plan holiday menus in advance.
- CHAIRMAN: There's your answer, mr._____. Mrs._____ thinks it's easier for the homemaker to cook during the holidays if she plans her meals ahead. And Miss_____ is considering the family's health when she says it's important to buy for more than just the Christmas dinner.
- ANNOUNCER: What would you suggest eating the day before, Miss_____?
- MEMBER I: That's easy, soups and salads! But the general idea is to provide your family with simple meals. If you wish, but to be sure you're serving enough fruits and vegetables. They're always good health insurance for possible over-eating the next day.
- CHAIRMAN: And that's just what most people need at Christmas time...something to counteract the additional candy, nuts, pastries, and other rich foods that we eat on vacation.
- MEMBER II: I know this...that women are mighty busy the day before Christmas, and don't have time to do much cooking for the meals on that day. Still I realize those meals are important, so I believe if we plan the menus ahead we can arrange our work to include simple well-balanced meals.
- MEMBER I: A friend of mine told me that her family makes an annual custom on Christmas Eve, of serving vegetable soup, relishes and pumpkin pie... which I think is a grand idea.
- CHAIRMAN: Soups and fruits, or tossed salads and sandwiches don't take much time to prepare, and in my estimation, they're good forerunners of a big holiday meal.
- ANNOUNCER: As I see it, the value of planning those meals for before and after Christmas is in the peace of mind it gives the homemaker.
- CHAIRMAN: You're right. That's a panicky feeling one gets when the clock strikes six and you don't even know what you're going to feed a hungry family.
- ANNOUNCER: Well, what do you suggest serving for these pre-holiday meals, Miss_____?
- MEMBER I: When I want something easy to prepare, I often depend on canned vegetables...peas, for example. If I had time, I may cream them... if not, they're good just buttered. Then sometimes we each make our own sandwiches at the table, and eat them with a bowl of soup.

1. The first part of the report is devoted to a general description of the work done during the year.

2. The second part contains a detailed account of the results of the experiments carried out during the year.

3. The third part is devoted to a discussion of the results and to a comparison with the results obtained by other workers in the field.

4. The fourth part contains a summary of the work done during the year.

5. The fifth part is devoted to a discussion of the results and to a comparison with the results obtained by other workers in the field.

6. The sixth part contains a summary of the work done during the year.

7. The seventh part is devoted to a discussion of the results and to a comparison with the results obtained by other workers in the field.

8. The eighth part contains a summary of the work done during the year.

9. The ninth part is devoted to a discussion of the results and to a comparison with the results obtained by other workers in the field.

10. The tenth part contains a summary of the work done during the year.

11. The eleventh part is devoted to a discussion of the results and to a comparison with the results obtained by other workers in the field.

12. The twelfth part contains a summary of the work done during the year.

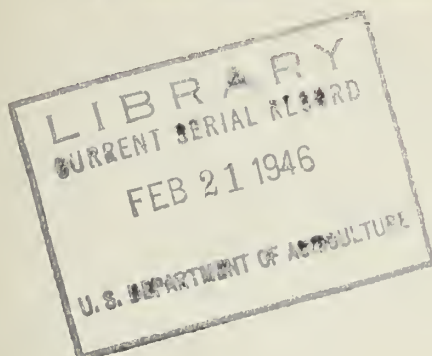
13. The thirteenth part is devoted to a discussion of the results and to a comparison with the results obtained by other workers in the field.

- MEMBER II: One of our favorite quickie meals consists of a green vegetable either hot or cold, and a rice pudding. I can get a meal like that ready in no time at all.
- ANNOUNCER: I'd like to know how the homemaker herself keeps from spoiling her appetite when she has to taste everything she prepares.
- MEMBER I: One help for that is to drink lots of liquids during the day, and to eat lightly at meal time. Personally, I think green salads with tart dressings taste especially good when you've been working with food.
- MEMBER II: That's true of post-holiday meals, too. After Christmas is over and you've seen all the rich gravies and fruit cakes you want to see for a while, crisp, green vegetables look mighty good.
- CHAIRMAN: Cabbage is an old stand-by for after Christmas meals. It takes practically no preparation if you cut it in wedges and cook it for a few minutes till it's tender, then serve it buttered.
- MEMBER I: Escalloped cabbage with cheese doesn't take much longer to prepare and that's one dish that always gets requests for seconds.
- ANNOUNCER: I'll tell you another post-Christmas trick I know about, concerning a way to use left-overs. This family calls it their melting pot, because it takes in everything. They cook the turkey carcass and bits of dressing to get the broth, then they toss in all the stray carrots and celery, cabbage and other vegetables that have lingered in the refrigerator. Presto! They have delicious soup, sometimes with bits of turkey for additional body and flavor.
- CHAIRMAN: Another left-over problem that's prevalent at Christmas, centers in the fruit bowl. After every one has picked over the fruit and taken the best, it's a good idea to rescue the fruit that's left and make it into a salad. You can always add a few nuts or bits of cheese if you want to make it more substantial.
- MEMBER II: Any kind of fruit is a happy thought for after Christmas eating. Oranges and grapefruit seem to "hit the spot" when rich foods no longer appeal. A half of grapefruit at the beginning of the meal is a wonderful appetizer when a turkey and vegetable casserole dish follows.
- ANNOUNCER: Speaking of appetizers, what do you think of tomato juice for a first course when the family's enthusiasm for food is a bit dull?
- CHAIRMAN: That's a happy thought. With all these suggestions for pre-Christmas and post Christmas meals, I think we might be called a "How to Keep Well and Well-Fed at Christmas time" committee.
- MEMBER I: Perhaps we could keep the suggestions in mind if we summarized them. Our first recommendation was to plan the meals ahead for before and after the holiday.

- MEMBER II: Planning the meals means planning the shopping more carefully, too, and that certainly would be a time-saver to any homemaker.
- MEMBER I: One of the advantages to planning meals ahead is the assurance and satisfaction you have in the knowledge that the family is getting the foods they need, and you're not leaving it to chance.
- CHAIRMAN: And when you get right down to making out a grocery list for those pre-and post-holiday meals, we've suggested green vegetables, cabbage especially...and plenty of citrus fruit...and cold, canned tomato juice.
- ANNOUNCER: To sum it up, fruits, vegetables and juices!
- CHAIRMAN: But not more than you need. That's another reason for planning meals carefully. You avoid overstocking your refrigerator with food you can't use.
- ANNOUNCER: To save overbuying, plan your meals. And to satisfy those nutritional needs, plan your meals. To serve foods that taste the best, buy green vegetables...fresh, frozen or canned...citrus fruits and plenty of juices. Did I forget anything?
- CHAIRMAN: Only the pleasure that a homemaker will derive from a job well done, the job of feeding her family sensibly and pleasantly at holiday time.
- ANNOUNCER: Well, here's to a pleasant holiday to each of you and to each of our listeners. Thank you all for your part in the program today. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE, presented by Station_____, in cooperation with your (local, county) nutrition committee.
- MUCIS: THEME TO END.

An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, Department of Agriculture.

Food Makes a Difference



In cooperation with



CHEESE

ANNOUNCER: We bring you now ... FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee presents...FOOD MAKES A DIFFERENCE...a weekly feature on food to help you feed your family wisely and well. On our program today we have three guests .. our Nutrition Committee Chairman, Miss _____, Mr. _____ (connoisseur of cheese who may be a market man familiar with cheese and cheese making or perhaps the local home economics teacher), and a young lady who is a high school senior, majoring in home economics, Miss _____. Miss _____ (CHAIRMAN), since you're talking about cheese today, and I to suppose that cheese is one of our plentiful foods in the markets?

CHAIRMAN: No, cheese can't be called plentiful, but it's coming back since the war in increasing amounts, and perhaps we need to refresh our memories concerning the fine qualities of cheese.

ANNOUNCER: Could you say that cheese has a veteran's preference when it comes to taking a job on the menu?

CHAIRMAN: You certainly can. Cheese is one of the oldest foods on record ...and one of the most deserving of a regular place in the family's meals.

ANNOUNCER: What do you consider is the most popular cheese in this country?

CHAIRMAN: That's a question for you, Mr. _____ (AUTHORITY).

AUTHORITY: Well, if you can judge popularity by the quantity made, I'd say American cheddar cheese, because the manufacturers turn out three to four times as much cheddar cheese as all the other kinds put together.

H. S. SENIOR: I'd like to ask Mr. (AUTHORITY) what gives different cheese their characteristic flavors.

AUTHORITY: I'll be glad to answer that, but first, perhaps we should define cheese.

H. S. SENIOR: Oh, I thought that was too easy, Mr. _____. Everyone knows cheese is made from milk ... cows' milk or goats' milk. Is it made from whole milk or skim milk?

AUTHORITY: Both, Miss _____. The amount of cream in the milk from which the cheese is made is one of the factors affecting the flavor of the cheese. Cheese is made, you know, from the curd of the milk by coagulating the casein.

ANNOUNCER: What do cheese makers use to coagulate the casein, Mr. (AUTHORITY)?

AUTHORITY: They use rennet or lactic acid, or some other enzyme or acid.

CHAIRMAN: Then what happens to the cheese?

AUTHORITY: From that point on, the treatment varies considerably. The curd may be treated by heat or pressure, or by means of ripening ferments, special molds, or only seasoning.

H. S. SENIOR: I suppose that answers my question about flavor.

AUTHORITY: Partly, yes. While there are at least four hundred names for cheese, there are only about 18 different varieties. These are the results of variations in the amount of cream in the milk, the amount of moisture left in the curd, and the nature of the ripening process.

H. S. SENIOR: Moisture in cheese is a point I'm likely to forget. Soft cheese that spreads easily has the most moisture, I suppose.

CHAIRMAN: That's right. And the harder the cheese, the better it keeps because it has the least moisture.

ANNOUNCER: I'd like to know more about the ripening processes for cheese...how they make the holes in Swiss cheese and the blue flecks in Bleu cheese.

AUTHORITY: Well, the ripening processes are brought about by the growth of micro-organisms...either molds or bacteria. Those tiny organisms can change the color, texture, odor, flavor and composition of the cheese. And of course, the length of the ripening period is also responsible for considerable change.

CHAIRMAN: I understand that Wisconsin Swiss cheese must be held for at least six to eight weeks, and that some cheddar cheese is allowed to ripen for several months.

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- H.S.SENIOR: Naive is the word, I suppose, but I used to think that Swiss cheese was always made in Switzerland.
- AUTHORITY: That's understandable. Many kinds of cheese are named for the places they were first produced, and we continue to use those names. Most of the European cheese are made in the United States now, but they must be labeled to that effect. For example, roquefort cheese made here is labeled bleu cheese which is the domestic roquefort.
- H.S.SENIOR: Does the food value of different cheeses vary a great deal?
- CHAIRMAN: Different kinds of cheese vary in composition, but the ripened cheeses made from whole milk contain approximately one-third fat, one-fourth protein, and one-third water. There are also some minerals and some milk sugar present in cheese.
- ANNOUNCER: I presume calcium is the principal mineral in cheese.
- CHAIRMAN: I think the mineral content of cheese varies considerably with the amount of salt added in the manufacturer, doesn't it, Mr. (AUTHORITY)?
- AUTHORITY: Yes, it does, However, cheese is always high in phosphorus and sulphur, as well as calcium, and even has a fair amount of iron.
- ANNOUNCER: No one's mentioned the vitamins in cheese.
- CHAIRMAN: But I haven't forgotten them. Riboflavin which is a member of the B vitamin family is an important food factor in cheese...And if the cheese is made from whole milk of course it contains Vitamin A, too.
- AUTHORITY: Cheese is a highly nutritious food as you all know. It's an excellent building food because of the minerals and because the protein is in a very efficient form.
- H.S.SENIOR: Cheese has plenty of calories, too. Just a one-inch cube of American cheese contains approximately 100 calories.
- CHAIRMAN: Since cheese is such a concentrated food it should be used with some judgment in planning meals.
- H.S.SENIOR: What do you mean by that, Miss _____?
- CHAIRMAN: Well, sometimes people add cheese to a meal without much thought about its relationship to the other protein and fat foods they're serving. If cheese is used for flavor only it should be used sparingly. If it's used as a source of energy and protein it should be regarded as a necessary part of a well-balanced meal.
- ANNOUNCER: I'd like to know what cheese you recommend for cooking purposes, Mr. _____ (AUTHORITY).

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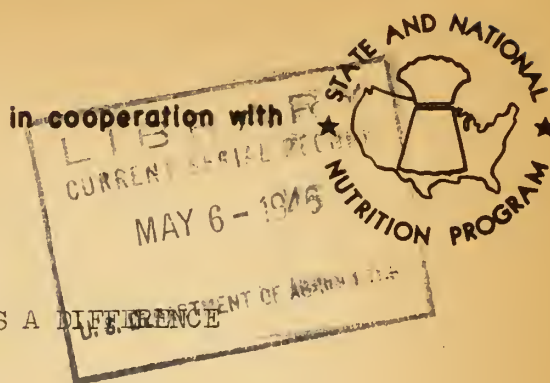
- AUTHORITY: I'd suggest if you're depending on cheese for energy and protein...in other words, if you're buying and eating cheese for a main part in the meal, you should buy mild-flavored varieties. They cost less and you don't lose your taste for them.
- ANNOUNCER: That sounds reasonable...and American Cheddar is probably a good example of a mild flavored cheese, isn't it?
- AUTHORITY: Yes, one of the best. Then you'll want to use the more highly flavored varieties a little more sparingly.
- H.S.SENIOR: I think Bleu cheese and Camembert are especially good for appetizers... and for dessert, some people like Limburger. Personally, I prefer Swiss cheese.
- ANNOUNCER: One more question, Mr. (AUTHORITY). I'd like to know just exactly what Processed Cheese is.
- AUTHORITY: Processed cheese means that the original cheese, usually cheddar, has been ground up and melted. Frequently the processor will use two or more cheeses...perhaps one that's been aged longer than the other... and then he blends them. He adds an emulsifying agent and remolds the cheese to fit into small, convenient packages.
- CHAIRMAN: And I believe if two or more varieties of cheese are blended, the label must carry the names of these varieties. But if the name, Processed Cheese, is not qualified, it means processed cheddar cheese. Usually the flavor is more standardized than cheddar cheese sold in the bulk, isn't it, Mr. (AUTHORITY)?
- AUTHORITY: That's true, But if you're interested in thrifty buying you want to keep in mind that processed cheese has more moisture in it than bulk cheddar cheese.
- ANNOUNCER: Well, I'm convinced it pays to know your cheese. We're certainly grateful to you, Miss (chairman), for inviting Mr. _____ and Miss _____ to talk with us about cheese. Many thanks to you all. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE, presented by Station _____, in cooperation with your (local, county) nutrition committee.
- MUSIC: THEME TO END.

An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, Department of Agriculture.



Food Makes a Difference

CHEESE COOKERY



ANNOUNCER: We bring you now....FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee presents.....FOOD MAKES A DIFFERENCE....a weekly feature on food to help you feed your family wisely and well. We have on our program today our nutrition committee chairman, Miss _____, and one of her committee members, Mrs. _____. Last week we talked about different kinds of cheese. And today Miss _____ tells me she has some suggestions for you on cheese cookery. Cheese is good the way it is, Miss _____. Why cook it?

CHAIRMAN: I suppose that's a reasonable question, Mr. _____, coming from the cheese connoisseur that you are, but there happens to be a great many people who like cheese cooked with other foods.

ANNOUNCER: Now that you remind me, I must admit I'm pretty fond of Welsh rarebit. That's a wonderful cheese dish. By the way, sometimes I hear it called Welsh rabbit. Is that wrong?

CHAIRMAN: Welsh rarebit is the correct name. I think the word rabbit probably grew out of lazy pronunciation of rarebit.

ANNOUNCER: Well, there's nothing lazy about my appetite when it comes to eating Welsh rarebit.

MEMBER: One reason I like it is because it's so easily and quickly prepared.

ANNOUNCER: Milk, butter, thickening and cheese...is that all you need?

MEMBER: All but seasoning, yes. You make a white sauce and add the cheese.....grated or diced, of course, so it will melt readily.

CHAIRMAN: Welsh rarebit is sometimes made with eggs, too. You can thicken a Welsh rarebit with either eggs or flour...or both. For a rich rarebit, you might use equal amounts of white sauce and cheese.

ANNOUNCER: And who do you season it with...other than salt and pepper?

CHAIRMAN: Either mustard or paprika gives a rarebit a good flavor.

MEMBER: A dash of tabasco sauce is my choice. Some people like chili sauce.

ANNOUNCER: Well, you make it sound very appetizing as well as easy to make.

CHAIRMAN: Welsh rarebit is easy to make, but if I were telling a beginner how to cook it, I'd certainly explain the two main principals in cheese cookery.

ANNOUNCER: I know one of them.....Don't have your fire too hot.

CHAIRMAN: Right. Don't overheat and don't overcook...that is, cheese needs low, slow heat. When cheese is cooked too fast or too long it gets rubbery and tough.

MEMBER: Eggs have to be cooked at a low temperature, too, but whether you use eggs or not in a Welsh rarebit, I think it's safer to make it in a double boiler.

ANNOUNCER: Some people have the idea that cheese is indigestible, and I suppose it is when it's cooked too long or too hard, isn't it?

CHAIRMAN: That's true. Actually when cheese is cooked with other foods.... and cooked properly...it's easier to digest.

ANNOUNCER: What's the explanation for that?

CHAIRMAN: Well, cheese is a concentrated food, you know. And when it's combined with other foods they tend to separate the cheese particles and make its digestion more easy.

1. The first part of the paper is devoted to a general

discussion of the problem and the main results.

2. The second part is devoted to the proof of the

main theorem. The proof is divided into two parts.

3. The third part is devoted to the proof of the

lemma. The lemma is proved in two parts.

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theorem. The theorem is proved in two parts.

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lemma. The lemma is proved in two parts.

MEMBER: Macaroni and cheese sauce is a good example of such a combination.

ANNOUNCER: Is it necessary to make a white sauce and melt the cheese in the sauce before you add it to the macaroni?

MEMBER: Oh not at all. Of course you cook the macaroni first. Then if you like, you simply add the grated cheese, season the mixture and serve it.

CHAIRMAN: That's a good method because you run no risk of overcooking the cheese. Many Italians prefer to have their macaroni or spaghetti and cheese served separately, then they combine it to suit themselves.

MEMBER: Of course, it's quite possible to bake macaroni and cheese with milk and seasoning so the cheese doesn't get tough. Macaroni and cheese baked slowly has a delicious flavor all its own.

CHAIRMAN: Escalloped potatoes with cheese is a similar dish and baked the same way.....slowly.

ANNOUNCER: Isn't there a dish called cheese souffle?

CHAIRMAN: There is, and it's a good one, too, but a little more complicated than Welsh rarebit or macaroni and cheese. When you make a cheese souffle you start out with the same primary ingredients: milk and cheese, but you also add eggs....eggs that are beaten separately with the whites folded in last.

MEMBER: The beauty of a souffle is the variation possible.....that is you can make a rice and cheese souffle and use tomato juice instead of milk. Or you can make a souffle with noodles and cheese.

ANNOUNCER: Cheese seems to be a good mixer with almost everything.

CHAIRMAN: You'd probably like cheese fondue, too, Mr. _____. You start out with eggs and milk and grated cheese, just as you do for a souffle. But you also add soft bread crumbs and seasoning.

1. The first part of the document is a list of names and addresses. The names are: John Doe, Jane Smith, and Robert Brown. The addresses are: 123 Main Street, 456 Elm Street, and 789 Oak Street.

2. The second part of the document is a list of items and their prices. The items are: Apples, Bananas, and Oranges. The prices are: \$1.00, \$0.50, and \$0.75.

3. The third part of the document is a list of dates and times. The dates are: January 1st, February 1st, and March 1st. The times are: 10:00 AM, 2:00 PM, and 6:00 PM.

4. The fourth part of the document is a list of locations and distances. The locations are: New York, Los Angeles, and Chicago. The distances are: 100 miles, 200 miles, and 300 miles.

ANNOUNCER: And bake it slowly....Lesson number one.

MEMBER: You not only bake a fondue or a souffle slowly, you also put the baking dish in a pan of hot water, to keep it from cooking too fast.

ANNOUNCER: I suppose the pan of hot water is similar to a double boiler in effect.

CHAIRMAN: That's the surest method for not overcooking the cheese. And there's another advantage. When you want a good cheese sauce you're usually busy cooking other foods, too, so the double boiler method is a convenient one.

ANNOUNCER: What foods do you serve with a cheese sauce other than cauliflower?

CHAIRMAN: Both cabbage and broccoli are delicious with cheese sauce. Celery is another vegetable that takes to cheese.

MEMBER: Cheese and corn is another good combination....I like to cover the corn, milk, eggs and cheese with buttered bread crumbs.

CHAIRMAN: You can give the bread crumbs a good flavor by stirring them into melted butter or margarine first, then season them with celery salt and sprinkle a generous layer over the corn and cheese mixture.

ANNOUNCER: What kind of cheese do you suggest using for this corn dish?

CHAIRMAN: Most people prefer Cheddar cheese for general cooking purposes. The processed cheese you find on the markets now is a type of Cheddar cheese with a little more moisture in it. It melts easily and blends well with most foods.

ANNOUNCER: Let's summarize these suggestions you've made for cooking with cheese. First, the all-important sauce made with butter, thickening, milk and cheese.

CHAIRMAN: Right...and by varying the proportions you can make Welsh rarebit or a sauce for vegetables, macaroni, rice and other similar foods.

MEMBER: Cheese fondues and cheese souffles with all their variations are delicious dishes.

ANNOUNCER: But the main point to remember about cheese cookery is the heat.... not too hot and not too long.

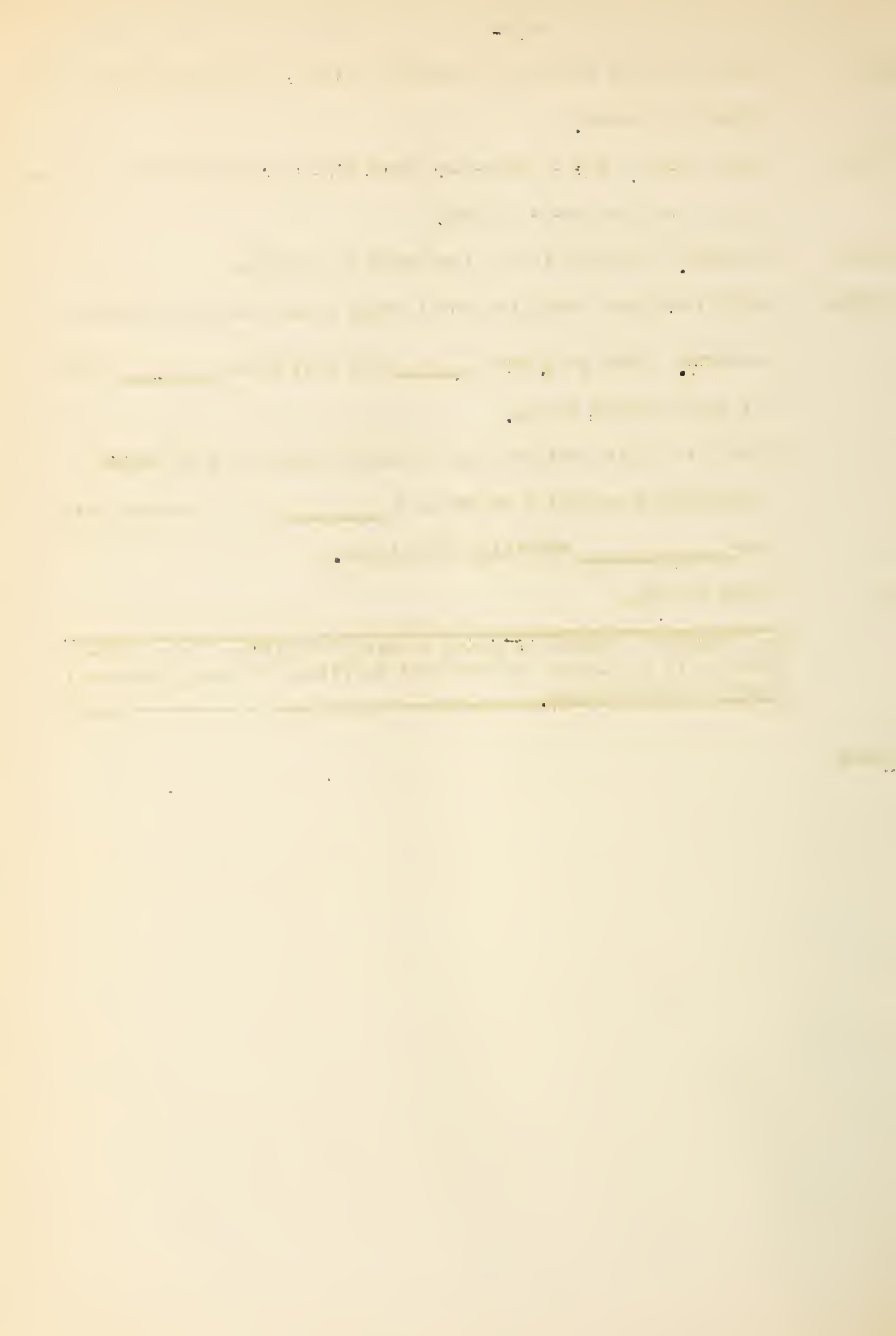
CHAIRMAN: Right-O. And that is the last word on cheese.

ANNOUNCER: Well, it's been very pleasant to talk about cheese and cheese cookery. Thank you, Miss _____ and you, Mrs. _____ for all your helpful ideas.

Listen in again next week to another program on FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your _____ Nutrition Committee.

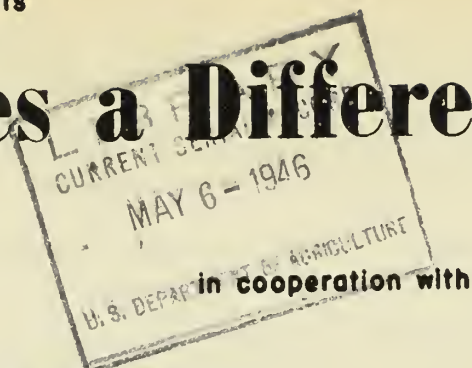
MUSIC: THEME TO END.

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference



"ON THE MENU FOR 1946"

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE

MUSIC: THEME (8 seconds)

ANNOUNCER: Station_____in cooperation with your (local, county) nutrition committee presents FOOD MAKES A DIFFERENCE....a weekly feature on food to help you feed your family wisely and well. And to help me get the right answers, I have with me_____, chairman of the_____Nutrition committee. What's on our schedule this time, Mrs._____?

CHAIRMAN: I'd like to talk about the breakfasts, lunches and dinners we can sit down to in 1946. The Department of Agriculture predicts a comparatively well-laden table this year.

ANNOUNCER: If food production remains high, it should be a better year in many ways. Meat and canned foods are now off rationing, most wartime restrictions are out of the way, and there'll be a good market at home for food.

CHAIRMAN: Yes, an increased food supply a tenth or more above the prewar average is in prospect for the average civilian food consumer in 1946. Of course certain foods probably will continue short of demand, but by summer, only sugar and some fats and oils may be limited.

ANNOUNCER: Mentioning scarce foods just what is the sugar prospect? Won't there be any more this year (1946)?

CHAIRMAN: There'll be a little more than in 1945, but far from enough to supply all wants. Right now we have the smallest stock of sugar on hand in this country since the beginning of the war.

ANNOUNCER: Then there's little likelihood of sugar becoming ration-free for some time.

CHAIRMAN: There's no likelihood. You see though world production may increase a little, our carry-over stocks have been so reduced that there is less to draw upon than in the past.

CHAIRMAN: Some areas, particularly the Philippines which normally supply us close to a million tons of sugar a year, must rebuild production before they can ship us any sizable amounts. No sugar is expected from the Philippines this year. Shipments from the Caribbean area will not begin to move in volume until March.

ANNOUNCER: But didn't I read that over a million tons of sugar were discovered on Java?

CHAIRMAN: Yes, but none of that sugar has so far been shipped from that island because of the internal situation. There's another factor to consider too. Usually much of the sugar from Java goes to Asia; so it depends on how much is allocated to us. Normally the United States gets no Java sugar. But I can say in conclusion to this discussion of ours on sugar that for the months January through March there will be no additional sugar for us. We'll be getting the same amount we had the last three months of 1945.

ANNOUNCER: You mentioned that fats and oils will still be scarce.....any hopeful note there?

CHAIRMAN: The Department of Agriculture says that there'll be an average of 44 to 45 pounds of fats and oils per person this year. This compares with 41 to 42 pounds in 1945, so you see we'll have a little more. At present prices, the most pronounced shortage in food fat supplies may be butter. However there should be more butter made than in the last three years and a rise in the output of lard. Also, there will probably be declines in the exports of butter, margarine and other vegetable oils which would improve the situation here in this country.

ANNOUNCER: So much for fats and oils. Well, I have another question for you. I'd like to know if taking the ration points off of meat means that I can get all I want? What's the meat supply going to be?

CHAIRMAN: There will be plenty of meat to go around. Maybe there'll be times when the selection will be limited, but on the whole the supply should be good. We're producing almost record-breaking numbers of cattle, and of course we don't have the heavy military requirements now.

ANNOUNCER: But we'll still be sending meat overseas this year, won't we?

CHAIRMAN: Yes, but far less than the 6 billion pounds that went to our armed forces and for other export needs in 1944. In estimating the civilian meat supply for this year, the Department of Agriculture says that there'll be enough to allow each person about 145 to 155 pounds..... wholesale dressed weight. This figure compares with 130 pounds in 1945. However, we'll certainly be having much more than the pre-war rate.

ANNOUNCER: I'd say that was good news. Now since we're covering the whole food situation I'd like to know about poultry and eggs. Still going to be plenty?

- CHAIRMAN: Yes, supplies of chicken, turkey and eggs should continue plentiful. Our military requirements took quite a share of the poultry supply most of last year. In 1946 just about all poultry will be for civilian markets.
- ANNOUNCER: And eggs.
- CHAIRMAN: You should have no trouble getting them. Last year folks consumed an all-time record of three hundred and ninety eggs apiece. Of course, they might cut down on this record with meat and other competing foods more plentiful.
- ANNOUNCER: We seem to be on a discussion of protein foods.....so how about the fish situation?
- CHAIRMAN: There should be more than last year. Transportation will be better inland and military requirements for canned fish will be less.
- ANNOUNCER: In other words.....more fish. Well, to continue with our food tour, let's hear about the dairy outlook.
- CHAIRMAN: We've mentioned one dairy product, butter.
- ANNOUNCER: Yes, I remember.....somewhat more than during the last three years, but less than we had before the war. But what about milk and cream?
- CHAIRMAN: There'll be about all we need. And with rationing of cheese and canned milk ended, we'll also be noticing an improvement there.
- ANNOUNCER: You still haven't mentioned my favorite.....ice cream.
- CHAIRMAN: Well, all wartime restrictions on ice cream are removed. The only thing holding back production will be sugar.
- ANNOUNCER: And what about vegetables.....canned and fresh.
- CHAIRMAN: There doesn't seem to be any worry there. There'll be plenty of potatoes, beans, spinach, carrots, tomatoes,....everything you can think of. And because military needs are lower, that means supplies of canned vegetables will be favorable too.
- ANNOUNCER: And I know with the bumper wheat crop that bread and cereals will be plentiful. But there's one last question I'd like to ask you. How is the nutritional level of our people? Do national per capita food averages tell the whole story?
- CHAIRMAN: Not quite. The amount of calories, protein, minerals and vitamins available in our national food supply do exceed the recommendations of the National Research Council. What we don't always know is how much food is wasted in the marketing process and later in preparation at home. Also surveys show that there are many families who still need to improve their diets.

ANNOUNCER: You mean we still need more education on the role that foods play to health.

CHAIRMAN: That's right. We still need to learn more about making the best possible choice of food within the family budget and how to prepare those foods so they lose as little food value as possible.

ANNOUNCER: Listen in again next week to another program on FOOD MAKES A DIFFERENCE presented by Station_____in cooperation with your_____Nutrition Committee.

MUSIC: THEME TO END

(An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, Department of Agriculture.)

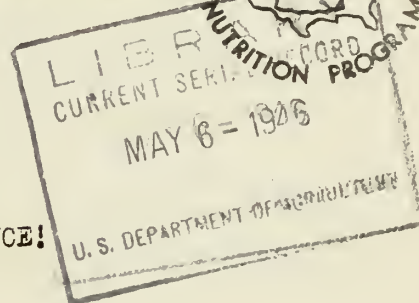
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Food Makes a Difference

In cooperation with



"MILK MATTERS"



ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE!

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Mrs. _____, (title of nutrition committee member) and Mr. _____ (title of county Extension Agent or other Department of Agriculture representative who know milk production facts) are here with another story from the health front. What's our speciality today, Mrs. _____?

CHAIRMAN: A food that ranks high in our diets, milk.

ANNOUNCER: I guess our memories do need to be refreshed once in a while regarding the values of this excellent food. But first, are we going to have a good supply this year?

CHAIRMAN: Mr. (USDA) _____ here knows the production angles.

USDA: Well, (announcer), it looks now that milk will continue in plentiful supply again this year. You know the U. S. Department of Agriculture has set the production goal at 120 and a half billion pounds for 1946. This is the same goal as was planned last year.

ANNOUNCER: Only difference being that 1945 production surpassed the goal. We had an all-time high of 123 billion pounds last year didn't we?

USDA: Yes, the dairy industry really did itself up proud. Of course there were very favorable conditions for this yield last year. Pastures were good and high rates of feeding resulted in record production. We might not reach that bumper production this year, but at any rate there'll be lots more milk than before the war. The people in this country are now drinking a fourth more milk than they did in pre-war years.

MEMORANDUM

TO : THE PRESIDENT

FROM : THE SECRETARY OF DEFENSE

SUBJECT: [Illegible]

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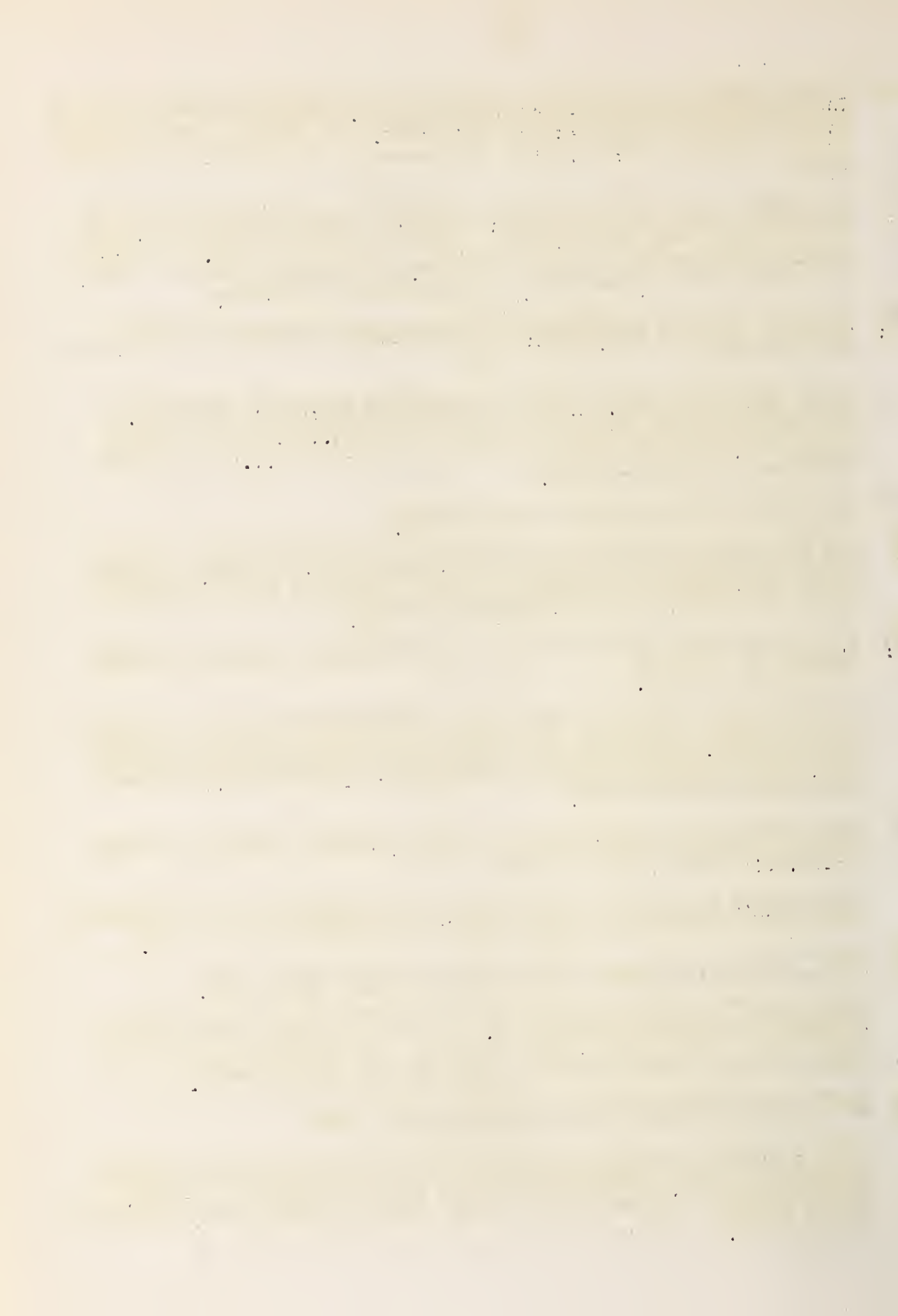
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- ANNOUNCER: They're plenty of reasons for this high use. Milk contributes more to good nutrition than any other single food. How about a review of some of the qualities found in milk, Mrs. _____? I know it's a protein food.
- CHAIRMAN: Yes, milk is one of our cheapest sources of high class protein...the food value we also get from meat, poultry, fish and eggs. Then too, milk is important for certain minerals. It has no equal as a source of calcium and is valuable for phosphorus and potassium.
- ANNOUNCER: Which we need for development and maintenance of bones and teeth. And what about the vitamin line-up?
- USDA: I can answer that one. Milk's a dependable source of Vitamin A... that vitamin which helps us to see in the dark...also some of the B vitamins; and some creameries add extra Vitamin D...the sunshine vitamin....to their product.
- ANNOUNCER: And there's the butterfat too for energy.
- CHAIRMAN: Yes and there's energy value in the sugar content of milk. In fact, nearly two-thirds of the solids of milk consist of fat and sugar... so you see milk is a good supplier of energy.
- ANNOUNCER: I'd like to clear up this matter of milk solids. You know, I think of milk as a liquid.
- USDA: Nevertheless, (announcer) the solids in milk total nearly 13 percent of the weight. You might not realize it, but many foods in a solid form...like carrots, turnips or cauliflower, for example...contain more water than does milk.
- ANNOUNCER: Then instead of saying I'd like a drink of milk, I should go around saying...I'd like a bit of milk.
- USDA: You wouldn't be too far wrong at that. The proteins in milk coagulate and convert milk into a solid as soon as it reaches the stomach.
- ANNOUNCER: Well, you never can tell what's going to happen these days.
- CHAIRMAN: Nothing that serious, (announcer). We just mean that milk should be considered a food rather than a beverage. And sufficient amounts of milk do help to build wholesome meals for the entire family.
- ANNOUNCER: Then you're not suggesting I just have milk alone?
- CHAIRMAN: Hardly. There's no perfect food...that is, no one food fills all our nutritional needs. For instance, milk cannot be depended upon for some vitamins. And the fuel or energy value of milk is not sufficient for an adult.



- USDA: Why you would have to drink five or six quarts of milk each day to meet all your needs for energy...and at the same time you'd be getting unnecessary quantities of protein.
- CHAIRMAN: And most healthy people beyond babyhood must have food with bulk to keep their digestive tracts in good condition. This quality is not present in milk...but is found in fruits and vegetables. .
- ANNOUNCER: So I'll just continue to supplement milk with other foods.
- CHAIRMAN: That's right...when milk is not used as a beverage...care must be taken to see it's used in cooking. Then we'll get the desired amount in the diet.
- ANNOUNCER: Well, let's get out our cooking caps and think of some additional ways to include milk in the diet.
- USDA: I'll put in my bid for chowders. Nothing like a steaming dish of oyster chowder.
- CHAIRMAN: Besides, fish and shellfish chowders are very nutritious. I might add too that skimmed, dried, or evaporated milk can be used if the whole milk supply is limited.
- ANNOUNCER: Give me a chance here. I want to come forth with some dessert ideas using milk.
- CHAIRMAN: Just so you go easy on the recipes calling for a big helping of sugar.
- ANNOUNCER: Well, custards ought to fit in this classification. And then there are the prepared pudding mixes which don't call for any outlay of sugar but may be made with a large quantity of milk.
- CHAIRMAN: And many nutritious puddings may be made by slowly baking sweetened milk with a cereal...such as rice or cornmeal or bread crumbs.
- USDA: Don't forget that national favorite...ice cream.
- CHAIRMAN: Milk sherbets, frozen custards, and ice cream call for milk and cream in a form that's mighty attractive, Mr. USDA. The food value of these desserts, of course, depends on the proportion of milk or cream to flavoring material.
- ANNOUNCER: A point that should not be overlooked when these desserts are to be served to children. But we men have expressed our preferences. What's your cooking tip, Mrs. (chairman)?
- CHAIRMAN: Well, I like cream soups. Cream of tomato, creamed mushroom...any number of milk and vegetable soups are favorites in our home. And skim milk can be used here just as acceptably as whole milk. The difference in fat content can be made up by adding butter or fortified margarine or some other fat with desirable flavor.

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ANNOUNCER: I've heard that peanut butter, salmon or other fish...or grated cheese may be used as flavoring in place of vegetables in soup.

USDA: I'm getting mighty hungry talking about all this food.

CHAIRMAN: Well, we'd better sign off then and get you a glass of milk. But I have one last cooking suggestion.

USDA: And that is - - - - -

CHAIRMAN: Well, I didn't want to overlook cream sauces and gravies. They all have a milk basis. And since they nearly always contain fat as one ingredient there is no reason why skim milk cannot be used satisfactorily in their preparation.

ANNOUNCER: You folks have certainly lined up a strong case for milk. And thank you Mrs. (chairman) and Mr. (USDA representative) for coming here today.

Listen in again next week to another program on FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your (local, county) Nutrition Committee.

MUSIC: THEME TO END.

An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, U. S. Department of Agriculture.

...don't really go to the... ..

1. The first step in the process of the investigation is to identify the problem or issue that needs to be addressed. This involves gathering information about the situation and determining the scope of the investigation.

! 3-11-44. To satisfy a very long list of requests for information, the following information is being furnished:

THE UNIVERSITY OF CHICAGO

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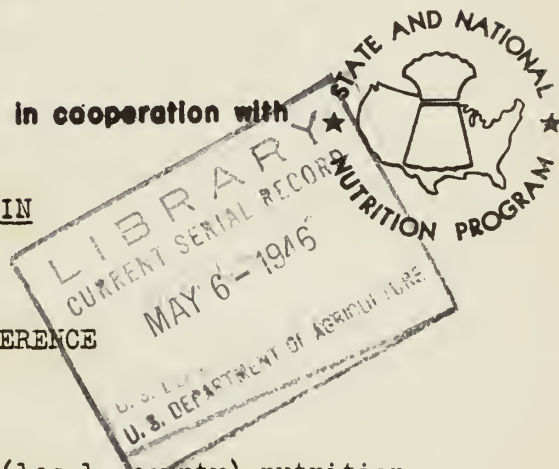
1. The first of these is the fact that the United States has a large and growing population of people who are not citizens of the United States. This is a result of the large number of people who have immigrated to the United States in recent years, and the fact that many of these people are not naturalized citizens.

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

In cooperation with

SISTERS UNDER THE SKIN



ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE

MUSIC: THEME (8 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee presents FOOD MAKES A DIFFERENCE.....a weekly feature on food to help you feed your family wisely and well. Today's topic is citrus fruits...winter life savers, some people call them. We have with us _____ (name) _____, Chairman of the _____ who knows all the citrus answers.

CHAIRMAN: Not all of them, Mr. _____. But I'm willing to make a stab at anything you ask.

ANNOUNCER: Good for you! Let's start with the supply picture. What are the prospects for the 1945-46 citrus crop?

CHAIRMAN: Good. If the new crop comes up to expectations, it will be eight percent larger than last year's and nearly twice the five-year (1935-1939) average. The expected total is 7,750,000 tons.

ANNOUNCER: Could you break that down into boxes for us?

CHAIRMAN: Gladly. Oranges are estimated to total over 111 million boxes... and grapefruit will probably add up to 63 million boxes. Florida tangerines are placed at four million boxes.

ANNOUNCER: Well, from the number of boxes, it looks like our citrus bins will be well stocked this winter.

CHAIRMAN: And it's a good thing, too. For this is the time of the year when other fresh fruits and vegetables containing Vitamin C are scarce. And as you know, the citrus sisters are busting out all over with that vital vitamin.

ANNOUNCER: Good old Vitamin C. Wouldn't be without it.

CHAIRMAN: I like to hear you say that. None of us should skip a day without our supply.

ANNOUNCER: What is considered the daily requirements, Mrs. _____?

CHAIRMAN: Technically, 75 milligrams for an adult man...and 70 milligrams for an adult woman. Translated into everyday portions, these amounts can be supplied by approximately one-half medium grapefruit, or one medium orange, or two-thirds of a cup of orange or grapefruit juice, either fresh or canned.

ANNOUNCER: Are there any other vitamins besides C in citrus?

CHAIRMAN: C is their main contribution...but, citrus fruits also contain some of the B vitamins...and fair amounts of some of the essential minerals.

ANNOUNCER: And you say that Vitamin C is a daily need. Is that because it cannot be stored in the body?

CHAIRMAN: That's right. The body uses it on the spot. On top of that, Vitamin C must be handled with velvet mitts. You can't just let it sit around indefinitely. Because it is affected by air, enzymes and metals.

ANNOUNCER: So your advice would be to toss metal strainers away...

CHAIRMAN: And to prepare the juice as close to serving time as you can, so that as much C as possible will be saved.

ANNOUNCER: I used to know a homemaker who tried to streamline her routine. She'd squeeze her oranges every night for the next day's eye opener. I hate to think of all the Vitamin C that went drifting into the night air.

CHAIRMAN: Don't worry about that. We used to think oranges should be squeezed at the 11th hour...that is the moment before they are used...But recent research has shown that Vitamin C is more stable than we once thought. Citrus fruits can be juiced the night before if kept cool and loosely covered. Of course to get the full value of the Vitamin C in the fruit serve it whole, in sections, or sliced.

ANNOUNCER: Is it true what they say about Vitamin C curing the common cold?

CHAIRMAN: Not exactly. If you have a cold, a bigger intake of Vitamin C will help you come to grips with it. But it's no cure. Studies of Vitamin C reveal that large daily quantities will help protect you from such ills as aching bones and joints, rundown feeling, lingering colds that seem to cling forever, and sore gums. It is also known that additional amounts of C taken before and after surgical operations have tended to hasten healing.

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ANNOUNCER: Now that we have explored citrus from the nutrition and health angles, perhaps you could tell us a little about the research that has gone into the citrus industry in recent years.

CHAIRMAN: A little out of my bailiwick, but something that I have been following for a long time. It is an every day fact that the grapefruit and oranges that we buy today come with fewer seeds. And they are sweeter, more juicy, and more tender than the old varieties that came our way.

ANNOUNCER: Is it true that that handmaiden called science attends the citrus sisters from tree to grocery bin? I hear that a lot of test tube work has taken place in the Government's laboratory at Winter Haven, Florida. How would you like to tell us about flash pasteurization, Mrs. _____?

CHAIRMAN: Flash pasteurization is a process that draws the air out of orange and grapefruit juice while it is being canned. Citrus juice keeps better with the air out. The thing for homemakers to remember when they buy this canned juice is to pour it out of the can at a distance of about two feet.

ANNOUNCER: That is, without having pools of citrus all over the kitchen floor, eh?

CHAIRMAN: You won't, if you're careful. The trick is to pour it as wide as you can manage without spilling it. The more times you pour, the more air is reinstated.

ANNOUNCER: Are there any other recent finds that you are familiar with?

CHAIRMAN: Department of Agriculture scientists have also learned how to make a crude pectin from waste peels. The pectin is good...and what is more, it is cheap. It does not require the expensive equipment needed for refined pectin.

ANNOUNCER: And now let's invade the precinct of the citrus orchard and talk a little about the trees. The fruit, I understand, must be tree-ripened. How can the grower tell when the fruit is ripe?

CHAIRMAN: There are chemical tests that are used to determine picking time. Otherwise it would be hard to tell. For sometimes the fruit looks green...even though it is quite ripe and ready.

ANNOUNCER: Is that why artificial coloring is sometimes added?

CHAIRMAN: Exactly. Green oranges might be avoided. So the added color is mostly for eye appeal. Early in the season when a great deal of the fruit is green...ripe, mind you, but looks green...coloring matter is usually added to give a natural tinge. After December, however, nature does the job herself without the assistance of the paint brush. This practice of "adding color" is allowed under the Food and Drug Administration under two conditions: One, that each orange so treated must be "plainly and conspicuously" labeled to show the added color...and too, that only fully ripe fruits can be colored.

1. 1997年12月1日以前，在《公司法》施行前，已经依法设立的有限责任公司，其章程符合《公司法》规定的，自《公司法》施行之日起适用。

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1. The first group of people who are interested in the study of the history of the United States are the people who are interested in the history of the United States.

1. *Phragmites australis* (Cav.) Trin. ex Steud.

ANNOUNCER: Does anything interesting happen to citrus fruits in the packing plant?

CHAIRMAN: They are treated with antiseptic solutions to foil decay...separated into different grades and sizes...scrubbed in a special soap solution, dried, waxed, and polished.

ANNOUNCER: Sounds like the works, doesn't it? And now, let's switch to some buying tips. How would you go about selecting an apronful of the best citrus?

CHAIRMAN: Now we're back in my groove again. And no pun on groove intended! Shoppers who want the best buys have to more than "look-see." Looks can be deceiving when it comes to citrus selection.

ANNOUNCER: So you're of the school that advocates picking up and feeling.

CHAIRMAN: That's me! Lift your grapefruit or orange and see if it's heavy for its size. The heavy ones are the juicy ones. Go after the fruits that are firm with smooth, thin skins. You can even go so far as to press over so gently. Good grapefruits are springy to the touch. Avoid the kind that are soft and puffy-looking.

ANNOUNCER: Are there any tips for tangerines?

CHAIRMAN: A good tangerine...like a good orange or grapefruit...is firm and fine-textured. Usually, the deeper colored tangerines are best. I might say here that oranges and grapefruit are richer than tangerines in C...but tangerines ring the bell when it comes to Vitamin A.

ANNOUNCER: Do you have any storage hints that might interest our listeners?

CHAIRMAN: Oranges and grapefruit keep best in cold storage. For oranges the best temperature is just above freezing. Grapefruit do well in a room that registers 50 degrees. That's Fahrenheit.

ANNOUNCER: Well many thanks, Mrs. _____, for being with us today. Listen in again next week to another program on FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your (local, county) _____ Nutrition Committee.

MUSIC: THEME TO END.

An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, Department of Agriculture.

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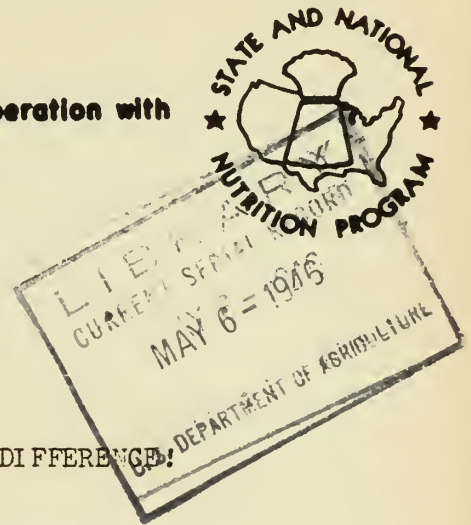
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Food Makes a Difference

In cooperation with



"P'S AND Q'S OF MEALTIME"

- ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE.
- MUSIC: THEME (10 seconds).
- ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE...a weekly feature on food to help you feed your family wisely and well.
- Mrs. _____, (chairman of nutrition committee), and
Mrs. _____, (title of second authority on meal planning)
are here with another story about meal planning. What's on the menu today, Mrs. (Chairman)?
- CHAIRMAN: Spring diets.
- ANNOUNCER: That's a happy subject.
- CHAIRMAN: It wasn't as jolly in grandmother's day. Then many folks paid a heavy toll in crossing the bridge between winter and spring. The winter months had drained the reserve supply of good health that had been stored up during the sunny weather of summer and fall.
- MEMBER: You see in those days, Mr. (announcer), February and March found many people listless and depleted of energy...unable to resist colds and other infections.
- ANNOUNCER: As I recall, Mrs. (member), that feeling called for sulphur and molasses or a pot of sassafras tea.
- MEMBER: Well, at least our grandparents were on the right track. They were trying to supply some of the minerals and vitamins that have been missing from winter meals.
- ANNOUNCER: That cure seems worse to me than the bite, so I'm glad scientists have uncovered more facts about food values.
- CHAIRMAN: Yes, not only do we know more about the various nutrients in food, but we have better plans for food production and distribution.

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- ANNOUNCER: A trip to any grocery store will prove that. All winter long there's a much wider variety of fresh fruits and vegetables than were available "in the old days." And we can even avoid sulphur and molasses by taking vitamin pills and mineral tablets.
- MEMBER: Better not. Constant use of vitamin pills and mineral tablets is undesirable, too...at least unless your doctor finds such supplements are necessary. The modern way to keep fit the year round... or to get fit this springtime of the year if you've been neglecting nutritional health...is to watch your P's and Q's at mealtime.
- ANNOUNCER: I hope I don't have to figure the amounts of calories and vitamins and minerals I need each meal this spring.
- CHAIRMAN: No. You don't need to be a scientist to check on your foods each day. You see the important facts have already been translated into "plain English"...in a guide we call the Basic Seven chart.
- ANNOUNCER: That's right. I've seen the Basic Seven chart many times since its development during the war.
- MEMBER: And it can continue to serve us well, Mr. (announcer). The importance of good nutrition is just as great in peacetime. And meals are easier to plan these days without rationing.
- ANNOUNCER: Funny that often as I've seen this chart, I still forget the various groups. I can name the first two anyway. Group I lists the green and yellow vegetables.
- CHAIRMAN: Right. And if you're wondering what those green and yellow offer... well, vitamin A especially. One serving a day is essential. Two servings provide better protection.
- ANNOUNCER: Protection from a dose of sulphur and molasses these spring days.
- MEMBER: Yes, and from night blindness and other signs of too little vitamin A. Now, let's see if you know the second group of foods on the chart.
- ANNOUNCER: The citrus fruits and cabbage. I remember them because they start with the letter "C" and are valuable for vitamin "C".
- MEMBER: Tomatoes also come in this second group. And we need citrus or tomatoes...fresh or canned...every day because we don't store this vitamin in our bodies.
- CHAIRMAN: One other point I'd like to make here. Since vitamin C is lost in air or long cooking, prepare the fruit or the cabbage as near to serving time as possible. Now what about group three, Mr. (announcer.)
- ANNOUNCER: That's where I need help.

(continued)

- CHAIRMAN: Well, just think of potatoes and all the other fruits and vegetables not in groups 1 and 2. Fruits and vegetables in this group are not outstanding sources of any one vitamin or mineral. They're valuable for smaller quantities of several vitamins and minerals.
- ANNOUNCER: And how many foods from this group are needed daily.
- MEMBER: One serving a day...or better still...2. For example, potatoes plus another vegetable or a fruit.
- ANNOUNCER: Which brings us up to the fourth group.
- CHAIRMAN: And that's milk and milk products. This group includes whole or skim milk, buttermilk, ice cream, and all kinds of cheese.
- ANNOUNCER: The foods rich in calcium and lots of other nutrients.
- MEMBER: These are all pretty popular foods. We can get them in the diet many ways...with milk as a beverage or in cooking...with cheese and ice cream.
- ANNOUNCER: Which tells me that we're about ready to discuss group five in foods.
- MEMBER: Right. The protein foods. And we certainly have a variety of choice here. Meat, poultry, fish or eggs...dried beans, dried peas, nuts or peanut butter. We need at least a serving daily of at least one of these good protein foods.
- ANNOUNCER: Where does bread...the staff of life...come in?
- CHAIRMAN: We can mention it right now. Bread, flour and cereals...all kinds of grain products...are in Group Six on the chart. We need at least one serving daily from this group. Or more in proportion to the appetite.
- MEMBER: As for food value, cereal products that are natural whole grain or enriched or restored...give us the B vitamins, certain minerals, as well as carbohydrates and some protein. They're one of our best energy foods, plus the vitamins and minerals they give.
- ANNOUNCER: Butter and fortified margarine are energy foods, too, aren't they?
- CHAIRMAN: Yes, and they are the Group Seven foods. We need them for energy and as fuel or heat for the body. And they're also another source of vitamin A.
- ANNOUNCER: Well, that chart certainly has simplified my food selection problems for the day. But what about dessert?
- CHAIRMAN: Have your dessert, too. But just be sure you've eaten the basic requirements first.

(continued)

ANNOUNCER: Well, thank you Mrs. _____ and Mrs. _____ for the
spring diet tips. Listen in again next week to another program
on FOOD MAKES A DIFFERENCE presented by Station _____ in
cooperation with your _____ Nutrition Committee.

MUSIC: THEME TO END.

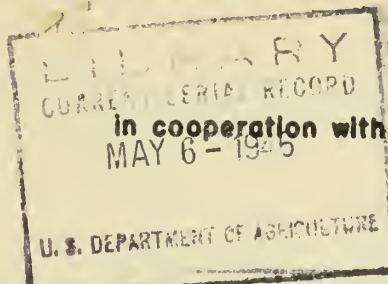
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(An exclusive service to local nutrition committees in)
(cooperation with the State and National Program, U.S.)
(Department of Agriculture.)

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference



OLD FRIENDS IN NEW WRAPS

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE!

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well.

Mrs. _____, chairman of the committee, has an interesting story on modern packaging methods for us today.

CHAIRMAN: Not only that...but it will also make every homemaker's heart turn somersaults. When this story comes true, it will mean an end to messy food bins running over with pinched produce.

ANNOUNCER: You mean to say that pinching is out?

CHAIRMAN: I mean to say that we are entering a bright new world, with the accent on shelves and refrigerators stocked with rows of pre-packaged, pre-cooked, frozen foods. It's to be the life of Riley for the homemaker. Do you realize that one of these days the lady of the house may step into her store and step out with a pre-cooked, frozen "blue plate" lunch or supper, complete with baked goods and dessert?

ANNOUNCER: And I suppose you're going to tell me that she will pop same blue plate meal into the electric oven....

CHAIRMAN: Exactly. A little warming and it emerges as a complete meal.

ANNOUNCER: With little pantaloons around the chops, no doubt...

CHAIRMAN: And no messy clean-up job afterwards.

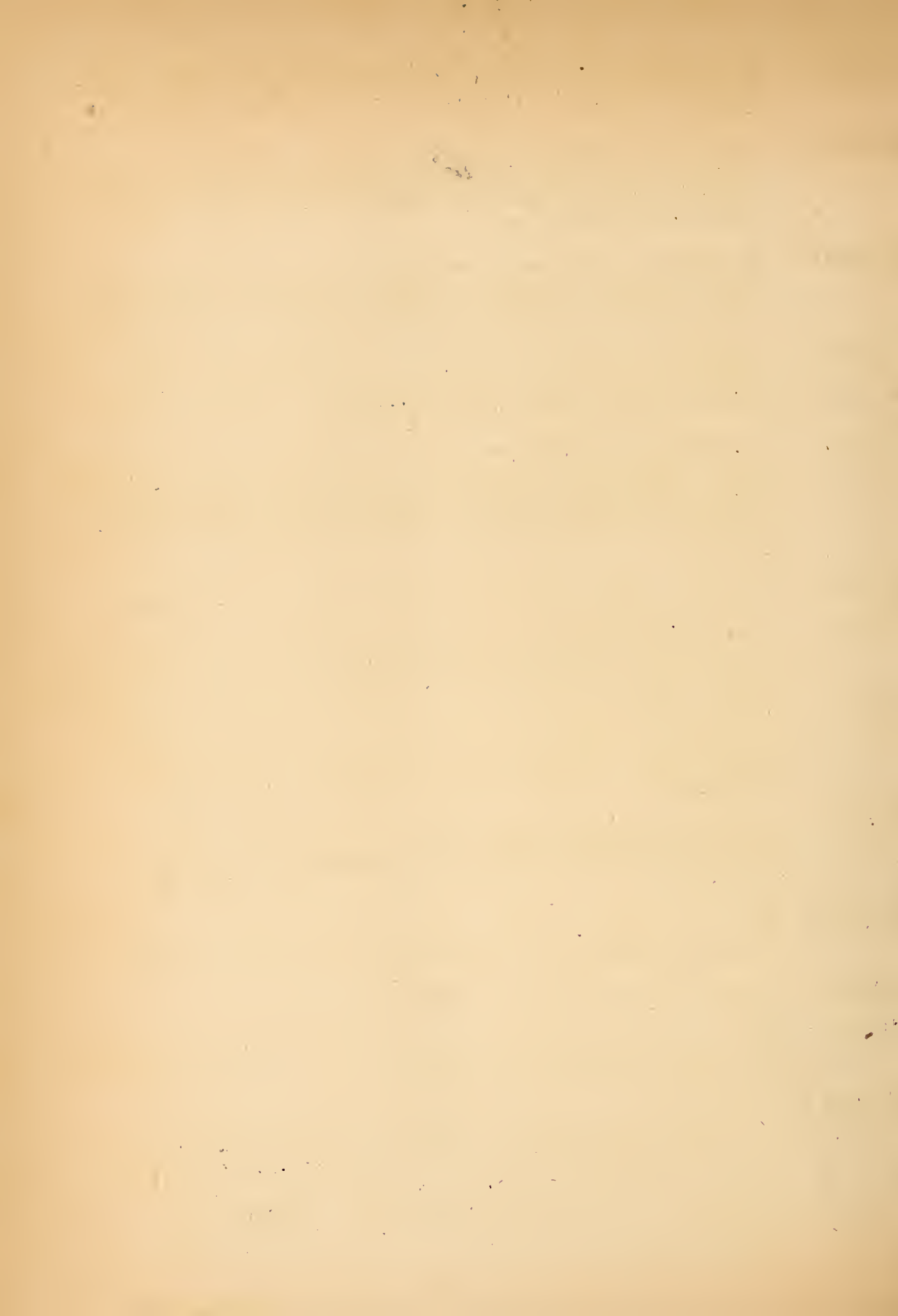
ANNOUNCER: And then the ladies retire for a bit of gossip...and the gentlemen go to the library for a smoke and a round of stories.

(continued)

- CHAIRMAN: Yes. That's the way of life that is being opened for use by the so-called "technological developments" in marketing. We are standing at the portals of a frozen, pre-packaged, pre-cooked, air-borne age.
- ANNOUNCER: You know, Mrs. _____, the trouble with us moderns is that we take everything for granted. I mean things like the introduction of tin...mechanical refrigeration...the self-service retail food store...and now, these modern packaging methods that are appearing in our stores.
- CHAIRMAN: Do you think the modern homemaker would like to know a little about these new wraps for old friends...even though she does have a way of taking such things for granted?
- ANNOUNCER: You bet I do. Let's start off with packaged frozen foods.
- CHAIRMAN: Fine. There aren't really as many frosted and frozen foods as we sometimes think. As a matter of statistics, such packaged frozen foods add up to only about 1.5 percent of the total consumption of these products in fresh and processed form. But the homemaker is taking very well to what there is on the market. She likes frozen foods because they are already cleaned, pared, shelled, trimmed or boned. They yield to easy preparation, and there is very little waste involved.
- ANNOUNCER: So you think there's a future for the quick-frozen and frosted foods?
- CHAIRMAN: And a very bright one. The expansion of this industry in the next few years is expected to be enormous. But it is likely that it will take, say 10 years, before frozen foods take over any sizable proportion of the total trade in fruits and vegetables.
- ANNOUNCER: Are there any distinct advantages to the frozen product?
- CHAIRMAN: I definitely think so. I've already mentioned the fact that they require no preparation for cooking. They keep indefinitely in the freezer compartment of your refrigerator. And there is no waste.
- ANNOUNCER: And what I like...and of course, this is only a bin-side observation...is that the hauling and mauling that too many shoppers give to foods is out. You don't want to pinch a batch of frozen food that is sheltered in the folds of a cellophane wrapper.
- CHAIRMAN: And it also cramps the style of the shopper who likes to taste the blueberry or strawberry before she decides to pay across the counter for it.
- ANNOUNCER: Do you think that the fresh fruit and vegetable industry is going to take the frozen strides sitting down?

- CHAIRMAN: Not on your life. Have you perchance seen the handsome pre-packaged fruits and vegetables that have been making their debuts recently?
- ANNOUNCER: Now that you mention it, I think I have. Of course I have seen tomatoes! And I hear that broccoli, peas, spinach and snap beans will soon be done up in packages...and they'll make a very pretty array indeed.
- CHAIRMAN: The trend in fresh fruits and vegetables is definitely toward pre-packaging. This gives to these products the same advantages in buying and handling that the frozen cartons now have.
- ANNOUNCER: Are there any other developments in marketing fresh fruits and vegetables...besides pre-packaging...that should help improve quality, and increase total consumption?
- CHAIRMAN: Yes, there are several new advances. Among these are increased speed in getting the product from producer to consumer. First of all, fresh fruits and vegetables are doing a speedier commuting job from field to bin. Air transport takes a bow for this one.
- ANNOUNCER: Doesn't it cost a lot to ship these foods by air transport?
- CHAIRMAN: No, I wouldn't say so. Oh, several years ago, maybe. But not today...or, I should say, tomorrow. Department of Agriculture studies indicate that five to ten cents per ton mile is possible. Compare this with the 70-cent per ton mile rate that prevailed several years ago, and you will see that the gap has narrowed considerably. Which means that the vine - or tree-ripened products will be coming our way throughout a large part of the year.
- ANNOUNCER: And what about frozen meats, Mrs. _____? You know, some people think of frozen foods in terms only of fruits and vegetables.
- CHAIRMAN: Which is a mistake. The greatest potential volume of frozen foods is in meats, fish and poultry.
- ANNOUNCER: Are there any advantages to frozen meats?
- CHAIRMAN: Frozen meats are much better adapted to self-service retailing than even pre-packaged fresh meats.
- ANNOUNCER: And there are two additional advantages that occur to me. Frozen meats are adaptable to grading and labeling...and they also permit a much more desirable distribution of the uneven seasonal production of meats. Oops, I'm sorry to get so technical. But it seems that when you're talking about technological developments in marketing, some technical language just has to creep in.

(continued)



CHAIRMAN: What you really meant to say all along was that modern packaging constitutes one of the biggest advances in food marketing.

ANNOUNCER: Check. And this is true because modern packaging is a great boon to low-cost self-service methods of retailing. It also helps minimize spoilage and handling. And it makes possible sanitary condition.

CHAIRMAN: Double check! It's your favorite food all decked out in new duds...ready to step into your favorite kettle or pan. So it will soon be...step up ladies and see the newest styles! To the left we have the transparent glassine bag...to the right a bag of mesh.

ANNOUNCER: All we need is a little patience. Just as soon as materials and labor permit, the results of packaging research will be evident in your retail store.

ANNOUNCER: Well, all I can say at this point is that homemakers have a real treat in store for them. More power to the new packages and to the ladies who will buy them. And thanks to you, Mrs. _____ for being with us today.

Listen in again next week to another program on FOOD MAKES A DIFFERENCE, presented by Station _____ in cooperation with your _____ nutrition committee.

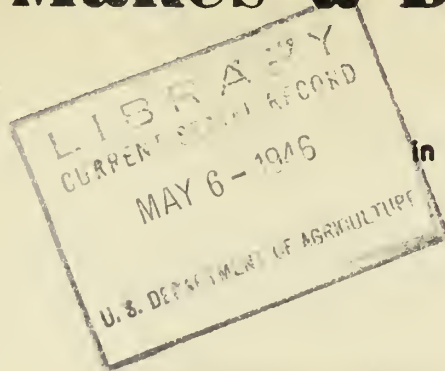
MUSIC: THEME TO END.

(An exclusive service to local nutrition committees)
(in cooperation with the State and National Nutri-)
(tion Program, U. S. Department of Agriculture.)

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Food Makes a Difference



in cooperation with



"CREATURES OF HABIT"

- ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.
- MUSIC: THEME (10 seconds)
- ANNOUNCER: Station ____...in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. And here's Mrs. _____, chairman of the committee. What's our discussion on today, Mrs. _____?
- CHAIRMAN: Eating habits.
- ANNOUNCER: You mean like eating three meals a day?
- CHAIRMAN: Not the number of meals we eat, (announcer), but our food selection habits. It's especially important to teach children right feeding because every day is a growing day for a child, from infancy through adolescence, his present food program is important to his tomorrow.
- ANNOUNCER: And habits...whether good or bad...are hard to change.
- CHAIRMAN: Chiefly because we follow them unconsciously. Did you ever check up on yourself to see which shoe or glove you put on first?
- ANNOUNCER: Probably my right one.
- CHAIRMAN: That's because most people, being "right-sided", do start with the right hand or the right foot in most everything they do. Many who were born with "left-sided" tendencies have been trained from early childhood to use the right hand for writing, sewing, or reaching. Through practice they become largely right-sided in every day habits.
- ANNOUNCER: I suppose from what you've said, that we have eating habits too... the way we handle our knife and fork and spoon...how fast or how slowly we eat...the foods we like or dislike.

- CHAIRMAN: Yes. Specialists in child training tell us that food habits... both good and bad...~~get~~ their start in early infancy. A mother's composure or tenseness while she gives the baby the first taste of fruit juice or cereal or cod liver oil may make all the difference in the way the baby accepts foods that are new to him.
- ANNOUNCER: I don't see how a baby could register much enthusiasm about cod liver oil.
- CHAIRMAN: Then you'd never be the one to serve it. You know, long before the young child has learned to express himself in words, he has learned to understand the words and behavior of those around him.
- ANNOUNCER: So when I give out the dose of cod liver oil, the child would pucker up his face and turn his head?
- CHAIRMAN: Maybe. Little children are great mimics. They look and listen and act as those about them do. Older children usually choose one person to imitate....often someone they greatly admire like a parent, a teacher, or a school friend.
- ANNOUNCER: Well, since we are creatures of habit, how about some tips on the right start in food habits.
- CHAIRMAN: Pointer number one is...begin early. Dr. Mary Swartz Rose, one of the great nutrition teachers, always believed that a year of right feeding in the life of a child was much more important than ten years after we reach forty.
- ANNOUNCER: At that point I'd say the food habits would be pretty hard to change.
- CHAIRMAN: Not only that, but if you teach good food habits to a young child you're building the foundation of food health. This training not only makes for the best growth and nutrition, but also increases the joy of eating all through life.
- ANNOUNCER: I see. Point number one in our education of good eating is...begin early.
- CHAIRMAN: Yes...offer good food in a casual, matter-of-fact way...without urging or forcing the child to eat.
- ANNOUNCER: Some of my friends tell me that they have a hard time getting their children to finish a portion of food.
- CHAIRMAN: The answer to that might be smaller portions...especially if the food is new to the child. Adults often over-estimate the child's capacity. It is better to serve too small an amount at first than to serve more than can be finished happily.
- ANNOUNCER: The idea is that if the first experiment is pleasant, the child will welcome the food again.

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The image shows a very faded and blurry scan of a document. It appears to contain some graphical elements, possibly a map or a technical diagram, but the details are completely illegible due to the poor quality of the reproduction. There are some dark, irregular shapes scattered across the page, which might represent features from the original document.

THE UNIVERSITY OF CHICAGO

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24. *Chrysomelidae* (continued)

- CHAIRMAN: That's right. Learning is so often a matter of repeating. And remember that imitation has a powerful influence. Parents can help by setting a good example. A child certainly isn't going to be enthusiastic for a food if his parents show their distasts for it.
- ANNOUNCER: Not even with the plea that "this is good for you."
- CHAIRMAN: I think we should be more subtle in our food sales talk. When food is attractive and tastes good, we like it. So just assume that the children will like it too.
- ANNOUNCER: And what if that idea doesn't work?
- CHAIRMAN: There are lots of ways that an interest in right foods may be held. The teen-ager might be kept on the beam by his or her interest in a clear complexion. Or maybe the need for health and vigor to participate in athletics. I know one family that had little difficulty in getting their children to eat vegetables because the children helped produce those vegetables in a victory garden.
- ANNOUNCER: Maybe if children were to help in the kitchen preparing the food, they'd like to sample the product they helped prepare.
- CHAIRMAN: It has helped. Don't forget that teenagers like to conform... that they take their behavior cues from a person they admire. Both the home and school may well take advantage of these facts to help teen-agers keep good food habits.
- ANNOUNCER: We've talked about good eating habits, but how about the foods children should get every day? I know that milk is high on the list.
- CHAIRMAN: Yes, a quart of milk a day. A glass at each meal and a cup of soup or dessert will generally take care of the amount. Then there should be at least two servings of fruit...make one a citrus fruit or tomatoes for Vitamin C.
- ANNOUNCER: And vegetables too.
- CHAIRMAN: Yes. Potatoes and two other vegetables. One should be a green or yellow vegetable for Vitamin A.
- ANNOUNCER: And what about meat?
- CHAIRMAN: Meat or fish or poultry...or some other protein food...should be served at least once in the day. Eggs are an important protein food that should be served daily, or at least four times a week.
- ANNOUNCER: I suppose cereals should make their appearance at least once or twice a day.
- CHAIRMAN: With emphasis on the whole grain or enriched cereals and bread.

ANNOUNCER: Butter or fortified margarine, I know are on the list. But what about sweets?

CHAIRMAN: They're good for energy after other needs are met, but sweets should not take the place of the foods we just mentioned. The child should get the basic foods first and then he can have additional items as needed to satisfy his appetite and his desires.

ANNOUNCER: Well, it looks like we have our feeding program outlined.

CHAIRMAN: I'd like to close with this suggestion. Don't worry about your children's food habits. Time and patience are needed. Be casual, avoid issues and discipline at the table, and allow some choice. Your aim is to guide your children to real enjoyment of good food. It's a worthwhile goal when you remember that good food habits in a young child will bear dividends all through his life.

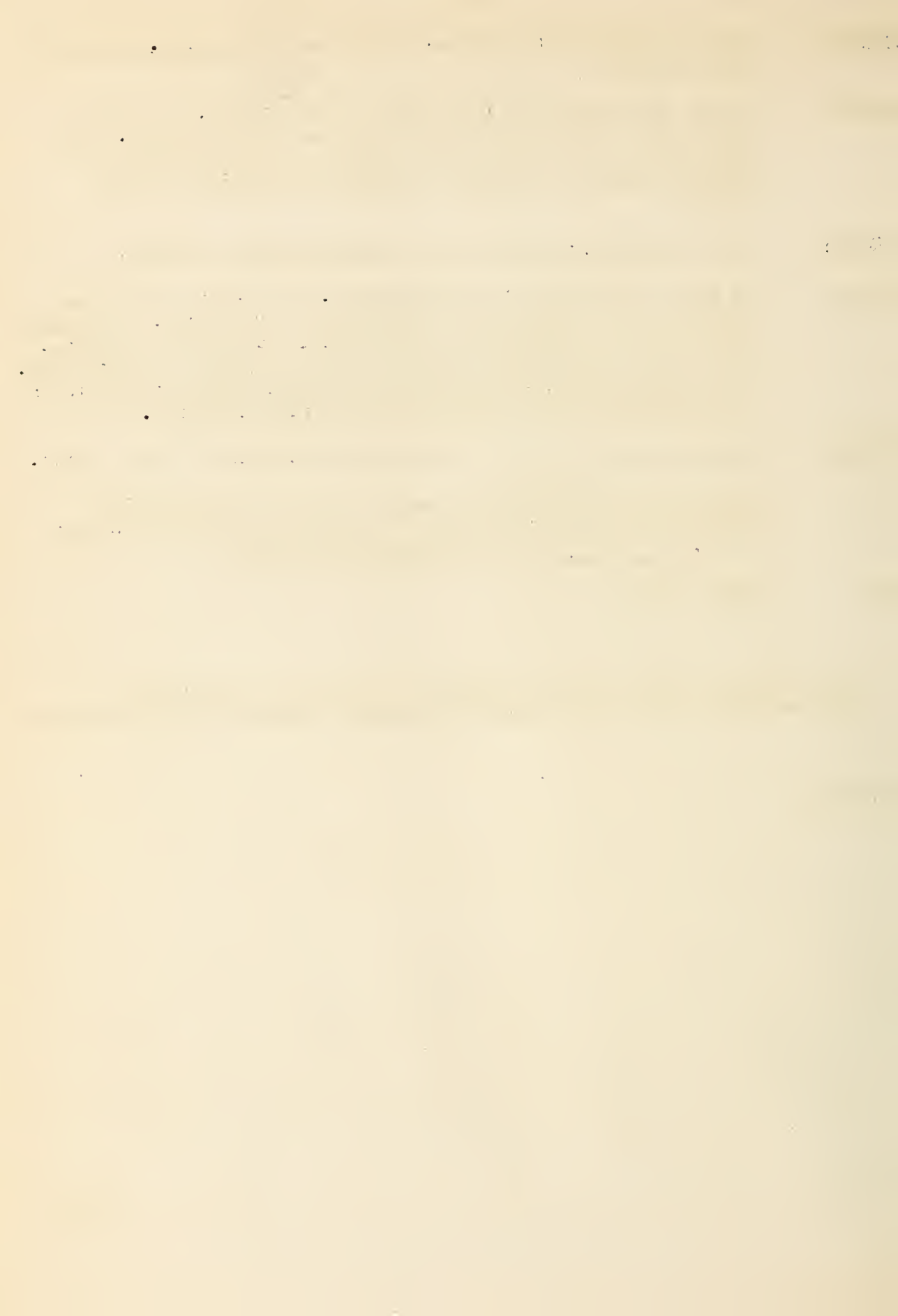
ANNOUNCER: Thank you, Mrs. _____, for this discussion of eating habits.

Listen in again next week to another program on FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your _____ Nutrition Committee.

MUSIC: THEME TO END.

(An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, Department of Agriculture.)

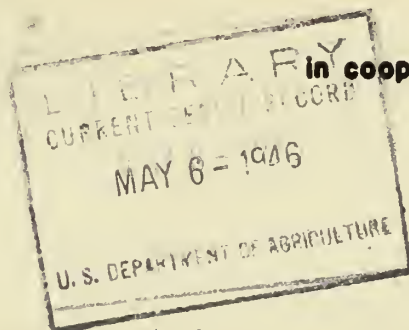
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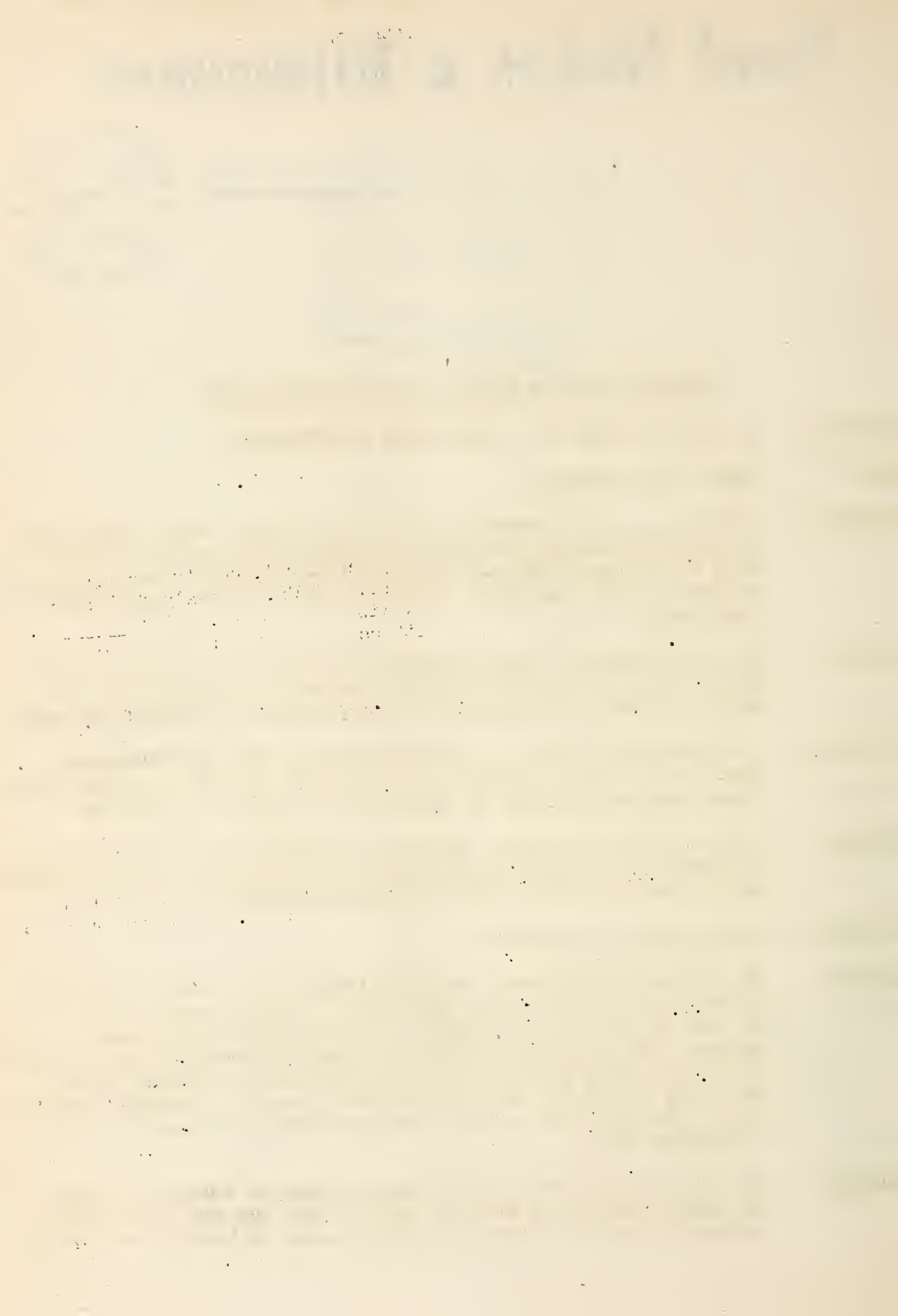
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Food Makes a Difference



RAISING YOUR OWN FOOD — FOR YOUR OWN REASON

- ANNOUNCER: We bring you now FOOD MAKES A DIFFERENCE.
- MUSIC: THEME (10 seconds)
- ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Miss _____, chairman of the committee, is with us today to talk about home gardening.
- CHAIRMAN: Not the mechanics of home gardening...or how to get rid of garden pests...but how a garden will help not only ourselves, but also help us to share our plenty with those who are so greatly in need.
- ANNOUNCER: What you mean is that if a lot of American folk grow their own food, we can share some of our bounty with the cold, hungry, people whose land was directly hit by the war. That's it, isn't it?
- CHAIRMAN: That's just what I mean. Millions of Europeans are face to face with hunger...we have an obligation to help them. And home gardening is one of the ways each of us can contribute.
- ANNOUNCER: Sounds simple and direct.
- CHAIRMAN: It is simple and direct. The only trouble is: We try to put on blinders...to shut out the ugly sight of hungry people. Many of us are too busy concentrating on blueprints for peace...on charters for international organizations...on promulgation of world treaties. Those are important jobs that must get done. But we can't eat treaties. And we can't make a meal of charters. Not the kind I have in mind, anyway. The kind that gives fuel to a cold and hungry body.
- ANNOUNCER: The hungry of the world are looking to America to help feed them. At least, during this critical period after the war, when their own fields are still torn with mines...when implements are scarce.



CHAIRMAN: And to cap everything, nature plays one of its tricks, and plagues the southern hemisphere with one of the worst droughts in fifty years.

ANNOUNCER: It certainly is a different picture than our allies expected at the end of the war.

CHAIRMAN: Yes, much different. The new dawn of world peace was beautiful. But little did these survivors of five and a half years of the worst war the world has known, know that there was one horseman that the end of the war hadn't polished off. And suddenly they heard the hoofs, and saw the spectre of famine...

ANNOUNCER: Not that they hadn't known hunger and cold and privation throughout the war years. It's just that when you're fighting for liberty, you can forget how empty your stomach is. But when the last shot is fired, you begin to remember how hungry a guy can get.

CHAIRMAN: And that's our cue to lend a helping hand.

ANNOUNCER: And we can. For we expect to grow a lot of food this year... probably the most we've ever raised.

CHAIRMAN: And believe me, Mr. _____ that should be a lot of food. During the war we were supplying both civilians and a far-flung army...in addition to providing our allies part of the food they needed to keep fighting. Our farmers broke one record after another. And they can do it again. There is no reason to lower our total food goal at this point of the game.

ANNOUNCER: Not as long as there are hungry and starving people whom we've promised to help...and not as long as so many American families are able to pay for what they like to eat.

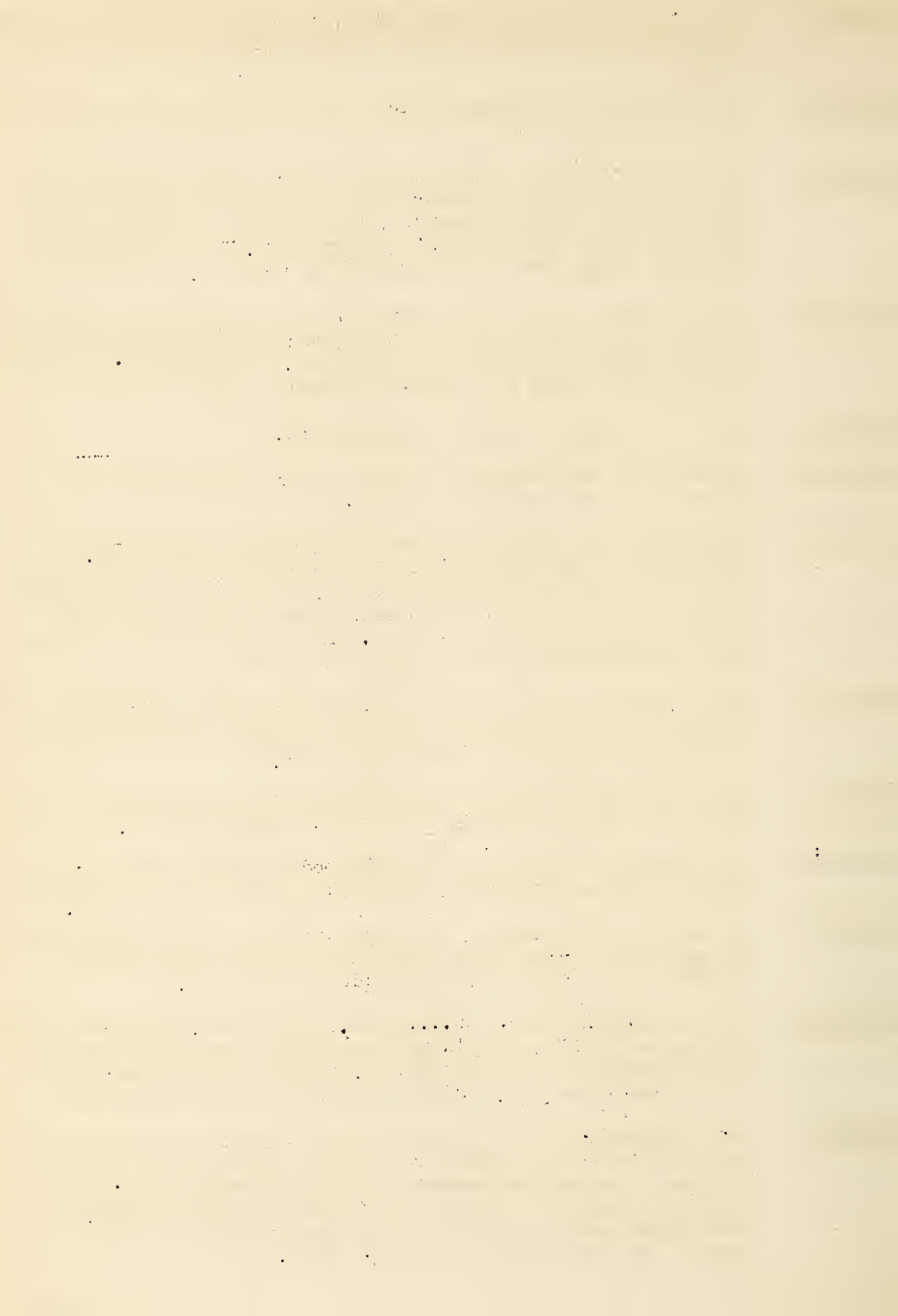
CHAIRMAN: In a word, there is no shortage of food here...even though we may not be able to get exactly what we want, when we want it.

ANNOUNCER: But there is a shortage in the world food picture. And a lot of hungry people...old people, young people, people who need help.

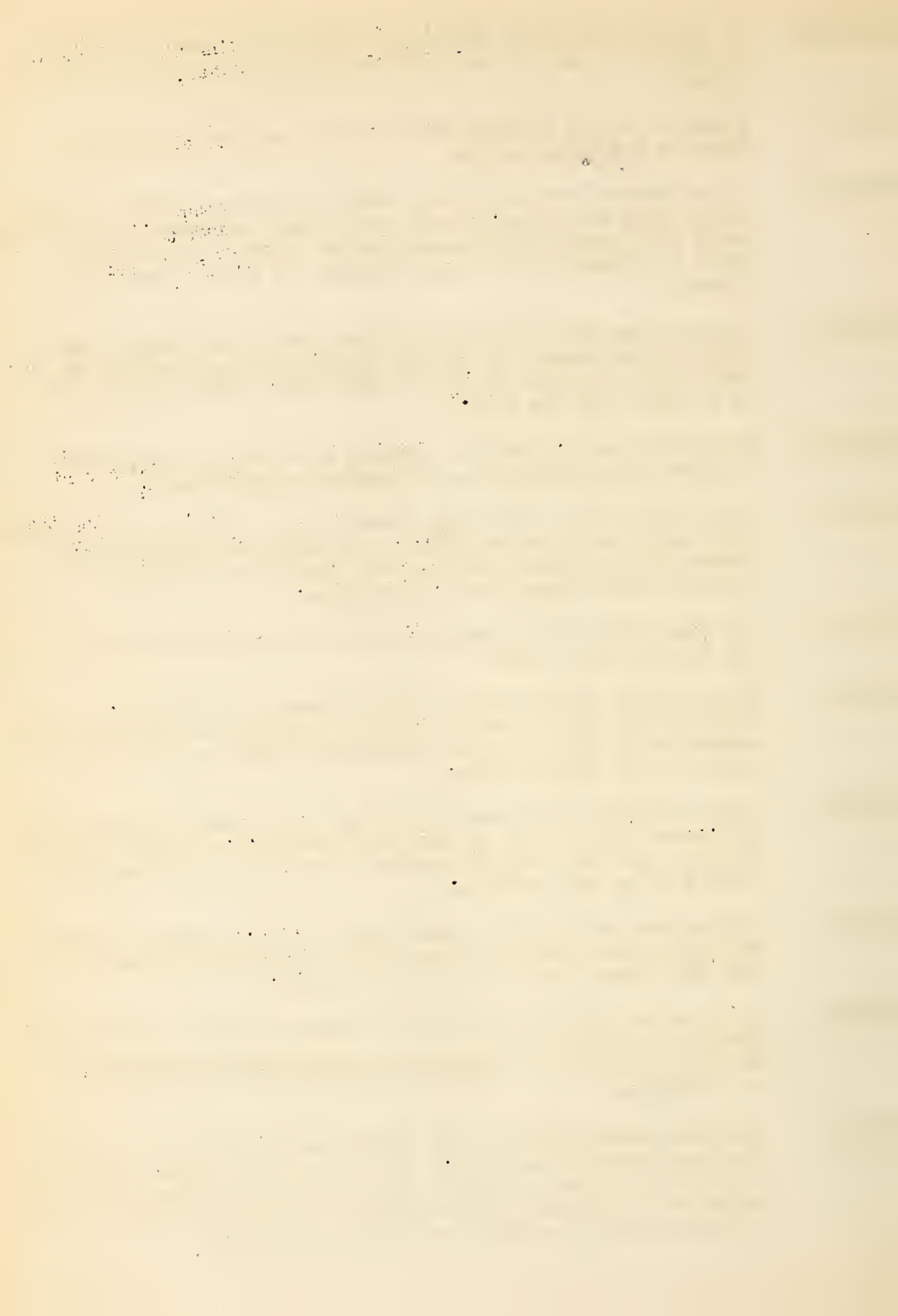
CHAIRMAN: Unless they have adequate food, there will be a lot of sickness. We must share enough of our abundance to prevent the weakened condition that makes folks susceptible to many ills.

ANNOUNCER: And one thing we can do, you....and I...and others....is to get out our garden tools and start that home garden just as soon as the season permits. The sooner we start, the sooner we can ease some of the misery that is the end product of war and destruction.

CHAIRMAN: That's right, Mr. _____, and besides helping our allies, we will also be doing ourselves a good turn when we have a home garden. Many families learned to apply the principles of good nutrition because of their wartime victory garden activities. Many folks learned to eat and like a lot of vegetables just because they grew them in their own gardens.



- ANNOUNCER: We think at our house that there's something about a garden-fresh vegetable that has an ~~out-of-this-world~~ taste, when it comes to the table.
- CHAIRMAN: Plenty of school children have felt that way about vegetables grown in the school garden.
- ANNOUNCER: I can believe it---young green onions and crisp radishes freshly pulled from the ground...early peas, sweet and tender...and in the early fall, shiny red tomatoes, golden squash, and the whole gamut of vegetables that school garden can grow, if carefully planned.
- CHAIRMAN: You have the idea----some of the food for school lunches raised right on the scene! And how the children do enjoy eating the vegetables they raise in their school soil. Food dislikes seem to be "gone with the wind."
- ANNOUNCER: Pet peeves gone...nutrition improved by eating a better varietywhat other benefits can be credited to gardening?
- CHAIRMAN: Well, let's think of the home garden again. There's a saying that good fences make good neighbors! But plenty of neighbors have become staunch friends leaning over those "good fences" to exchange garden ideas, seeds, and plants.
- ANNOUNCER: And when folks share a community garden plot, they often make new friends, don't they?
- CHAIRMAN: That's right. Good gardens, good neighbors, good friends. Besides that, lots of people find the exercise and fresh air that automatically come with their gardening efforts add up to real assets on the health ledger.
- ANNOUNCER: And in addition it is very satisfying to see something grow from a seed...see it grow, and get ripe and luscious...and then fetch it for your salad of a summer evening. Funny thing that every one doesn't go in for gardening.
- CHAIRMAN: Perhaps some are a little afraid they'll fail....some need advice and aren't sure where they can get it. New gardeners need to know what, when, how, and how much to plant.
- ANNOUNCER: If any of you listeners are in that spot, we'd like to fix you up; just drop a card to _____.
The right bulletin to answer your questions will be mailed to you promptly.
- CHAIRMAN: And while you're plotting your garden, start thinking about your food preservation plans, too. The two go hand in hand. More of the foods that lend themselves well to canning, brining, freezing, cellar or pit storage, will be planted if your garden and preserving plans are worked out at the same time.

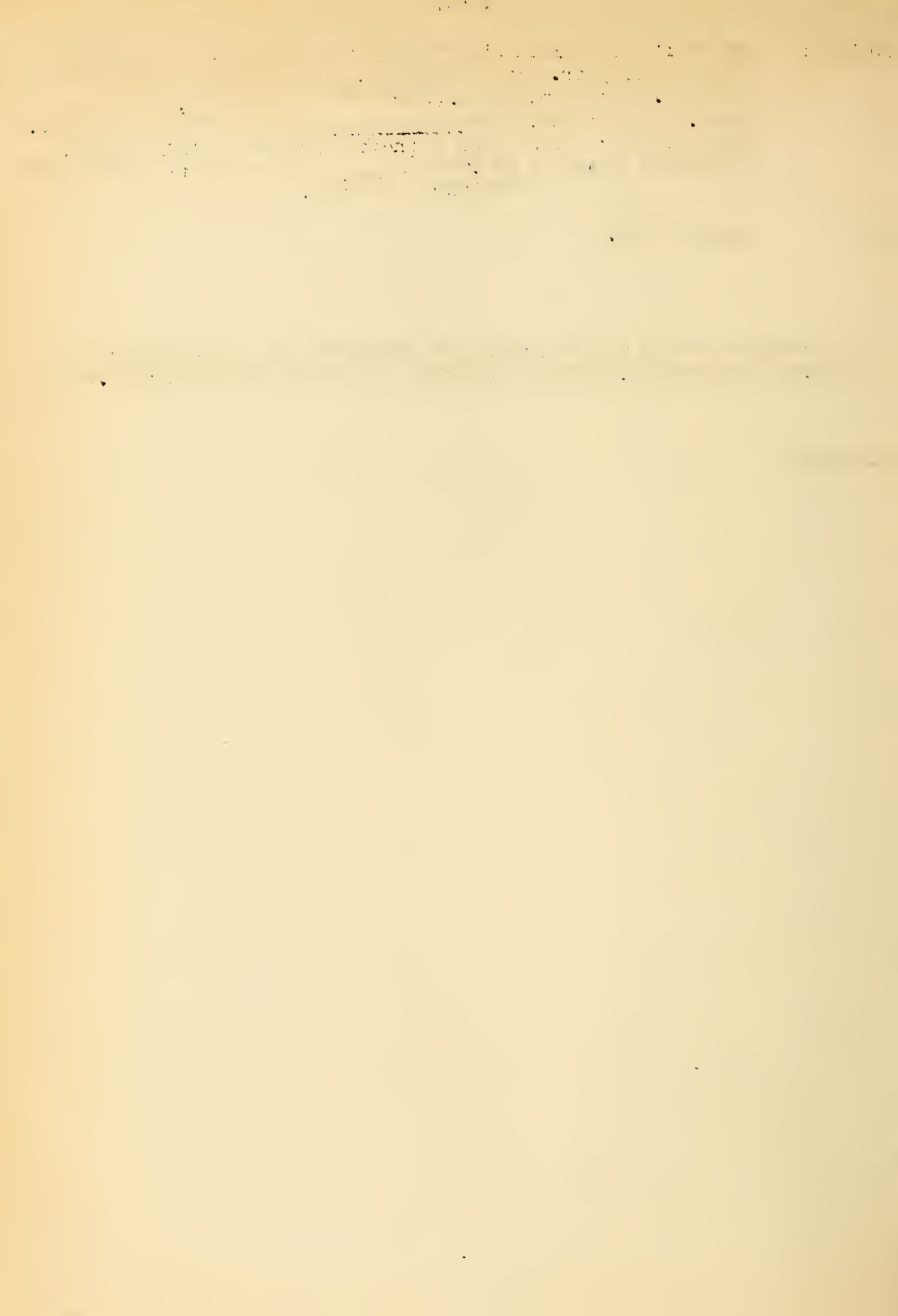


ANNOUNCER: And that's the garden picture with the 1946 tag. It's not for victory this year. It's for peace. And humanity. Try it out yourself. But we warn you...once the bug gets you, you're a goner. Many thanks, Miss _____, for being here today. Listen in again next week to another program on FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your _____ Nutrition Committee.

MUSIC: THEME TO END.

(An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, Department of Agriculture.)

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference



MAKING THE MOST OF THE WHEAT CROP

ANNOUNCER: We bring you now ... FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) Nutrition Committee ... presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today, our guest is Miss _____, chairman of the Nutrition Committee ... and she's going to explain one of the Nation's plans for making the most of our wheat supplies. Am I right, Miss _____?

CHAIRMAN: You bet you are! Our story today deals with the "new" flour you've probably heard folks talk a great deal about lately.

ANNOUNCER: I haven't spent very much time around kitchens ... but I have heard of the "80 percent extraction" flour.

CHAIRMAN: The very same! That's really the correct name for it. As you've certainly heard, the world wheat supplies are extremely critical. So, President Truman has asked the people of this country to make the most of our wheat crop so that we will be able to keep our promise to feed hungry people abroad. This new flour uses more of the wheat, and therefore, stretches our wheat supply.

ANNOUNCER: And by stretching the wheat supply, more food is available to be shipped to foreign ports where many people are starving.

CHAIRMAN: That's the dreadful side of the story. Americans just can't sit idly by while many less fortunate people are near starvation. As I remember, ever since we entered the war the United States has promised the liberated countries that they could count on us for food to tide them along until their own food becomes available, again. In fact, our promise was stronger than that. We have said that those folks shall not go hungry.

ANNOUNCER: And for that reason it's necessary for us to share food with the hungry people of the liberated and conquered nations.

1900

THE UNIVERSITY OF CHICAGO

CHAIRMAN: Yes, but that doesn't mean we must send the "fat of the land" ... We simply must share enough of a few substantial foods to satisfy hunger, and prevent disease and starvation.

ANNOUNCER: And that's where the new flour comes in?

CHAIRMAN: Yes, because this flour is more economical on wheat, which...consequently...makes more of our wheat available for stricken people abroad. That's the reason we're going to use this flour, and that's why it is so valuable to mankind right now.

ANNOUNCER: Can you explain this new flour a little more, Miss _____?

CHAIRMAN: I don't wish to become too technical ... But the new flour is made from more of the wheat kernel than is the flour that we're used to using. For instance, in the milling process 72 percent or less of the wheat grain has gone into our regular white flour. Whereas, the new flour uses 80 percent of the wheat kernel. Consequently, the flour gets that name of "80 percent extraction" flour.

ANNOUNCER: Then for the next few months our flour will be milled to include more of the wheat kernel than does the more highly refined white flour that we're used to.

CHAIRMAN: Yes, that's the idea. And this change in milling is apt to last until about the middle of the summer.

ANNOUNCER: Tell us, Miss _____, what kind of bread does the "new" flour make?

CHAIRMAN: Pretty much the same as the white bread you've been eating all these years.

ANNOUNCER: Not dark bread then?

CHAIRMAN: Definitely not. Many folks are rather skeptical about the flour ... But that's because they haven't seen the flour yet. The flour is not dark, and neither is the bread made of this flour. Those who have seen the new flour and bread ... and have tasted the bread are optimistic ... and with good reason.

ANNOUNCER: How so?

CHAIRMAN: Well, the Department of Agriculture baking laboratories have been doing some rather extensive experimenting on this new flour. President Truman tasted this new bread at a press conference a few weeks ago, So did the Secretary of Agriculture and several members of the press. Everyone agreed it was very similar to regular white bread. It has fine flavor ... some described it as more "wheaty" than our usual white bread. And they liked this "wheaty" flavor too.

ANNOUNCER: What did the loaf of bread look like?

- CHAIRMAN: It was slightly smaller than a loaf of the conventional baker's white bread. The texture was a little more firm ... well ... more like a loaf of "homemade" bread. Some of the tasters at the President's press conference had to examine the new loaf and compare it closely in strong daylight with a loaf of regular bread in order to tell the difference.
- ANNOUNCER: Just how would you describe the color of the bread?
- CHAIRMAN: As I said, the bread made from the 80 percent extraction flour is not dark. Actually, the bread is a slightly creamy color.
- ANNOUNCER: That gives us a good "mind's eye" view of the bread made from 80 percent extraction flour. Miss _____, I'm sure homemakers are very much interested in learning what kind of cake can be made with the new flour.
- CHAIRMAN: I'm sure they are. And I can say that coffee cake and sweet rolls made with the new flour were hard to distinguish from the samples made with ordinary "white" flour. A few bakery tests with yellow cake seem to show that the new flour should give the baker no trouble in cake making.
- ANNOUNCER: Well ... so much for baking. Now, what can you tell us about the food value of the new flour and bread?
- CHAIRMAN: They actually have the edge in food value when we compare this new product with unenriched white flour. This "80 percent" flour has more iron ... B vitamins, especially thiamine ... and better quality protein than unenriched white flour.
- ANNOUNCER: Won't the new flour sold in retail stores be enriched?
- CHAIRMAN: I think most of it will. Enrichment of flour is voluntary on the part of the millers in most states. But about 65 percent of the white flour on the market has been enriched. It seems likely that many millers the country over will "enrich" the new flour they mill for the retail trade.
- ANNOUNCER: What about the new bread... Will it be enriched?
- CHAIRMAN: Yes, it will. War Food Order No. 1 is still in effect. And this order requires enrichment of all white bread and rolls made by the commercial bakers ... and bread and rolls made from the "80 percent extraction" flour will be enriched according to that order.
- ANNOUNCER: That's good news. Anything else about the new flour?
- CHAIRMAN: The new flour contains no visible bran, so I'd like to answer a question I've been asked several times: There's no reason to believe that it will have any different digestive effects than the white flour we're accustomed to using.

ANNOUNCER: Well, Miss _____, you've given us a number of interesting facts and you've made it very plain to us that this new flour will produce about the same kind of bread we're used to.

CHAIRMAN: Yes, _____, but the fact that the new flour will do a good job in our bakeries and home kitchens is really not the important feature it has. As I said at the start of the broadcast ... the flour was adopted in order to make more wheat and flour available to our hungry neighbors overseas. And by using this new flour and bread ... which is more than acceptable ... it's really pleasing ... we can help make the most of our wheat crop, and hardly know we're doing our bit.

ANNOUNCER: Well, friends, there you have some facts about the new 80 percent extraction flour. We're happy that this flour provides wheat and flour that will help us fulfill our promise to people in liberated and conquered countries ... that they will not go hungry. Many thanks, Miss _____, for being here today. Friends, listen in again next week for another program on FOOD MAKES A DIFFERENCE, presented by Station _____ in cooperation with your _____ Nutrition Committee.

MUSIC: THEME TO END.

An exclusive service to local nutrition committees in cooperation with the state and national nutrition program, Department of Agriculture.

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

in cooperation with

MAKING THE MOST OF "OUR DAILY BREAD"



ANNOUNCER: We bring you now ... FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) Nutrition Committee ... presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. As usual, Miss _____, chairman of the committee is on hand ... she tells me ... with some very fine reasons and ways for using every bit of the bread you buy.

CHAIRMAN: That's right, _____. Usually we don't give much thought to that slice or two of bread that "goes begging" at the dinner table. But in these days when world wheat supplies are critically short, we must ... all of us ... make the most of every slice and crumb of bread.

ANNOUNCER: In my opinion, Miss _____, "waste" is bad any time.

CHAIRMAN: It certainly is ... but wasting bread or wheat in any form is especially tragic right now, when people in many countries are so short of food that they would welcome even a "crust of bread".

ANNOUNCER: I haven't been snooping around many kitchens lately ... but I'd guess most families throw away some bread every day or so ... especially when it gets moldy.

CHAIRMAN: Dry or moldy bread is thrown away all too often in all too many homes.

ANNOUNCER: Considering the whole nation, a lot of bread must find its way to the garbage cans every day.

CHAIRMAN: We wouldn't think of wasting a half a loaf of bread. But most home-makers can toss out a half a slice without a qualm. Just before the broadcast I did a little figuring with paper and pencil.

ANNOUNCER: I noticed that. Another atomic theory, or something?

CHAIRMAN: Hardly, but my results are almost as startling, _____, Assuming that every family in America wastes a half a slice of bread every day ... Believe it or not, this country wastes a half million pounds of bread every day. And I think it's quite likely that we do waste that much bread a day.

ANNOUNCER: And wasted bread means less wheat for the hungry folks in far away lands.

CHAIRMAN: That's why we must try to save and use every scrap of bread.

ANNOUNCER: All right ... Let's stop wasting, and make use of all the bread we buy. Any tips on how we can make the most of "our daily bread", Miss _____?

CHAIRMAN: I certainly have! And first a buying trip ... take home only as much bread as you think your family actually needs. You might check your bread supply before you start for the market. Maybe you have enough on hand to last until your next trip to the store. Some folks have formed the habit of ordering bread every time they go shopping just because the family likes "today's" bread. Many homemakers have found that they bring home fresh bread before their family has had a chance to eat the previous supply.

ANNOUNCER: Then you recommend that homemakers should estimate their bread needs as closely as they can in order to prevent bread waste.

CHAIRMAN: That's my first recommendation, Mr. _____.

ANNOUNCER: Miss _____, folks who live alone and prepare meals just for themselves do have a bread problem, seems to me. If they buy a whole loaf, by the time they get down to the "last crust", it gets pretty dry.

CHAIRMAN: I advise those people to ask their neighborhood grocer for a smaller loaf of bread ... maybe a half-pound loaf. Maybe he doesn't have it... but he could, if he found that enough of his customers wanted a smaller-than-average loaf of bread. It seems likely that a 10 percent smaller loaf will be made legal in many states. (NOTE: CHECK LATEST DEVELOPMENT ALONG THIS LINE AT TIME OF USING SCRIPT).

ANNOUNCER: Frankly, Miss _____, bread isn't much of a problem at my home. We rather prefer bread a day or so out of the bake shop.

CHAIRMAN: I'm glad to hear that, _____, because bread a few days old, though it may be a little dry, is not stale...as some folks think. However, regardless of our choice, sometimes we find that our grocer has sold all of "today's" baking. If that's the case, we shouldn't grumble at him. Truth is ... we should "pat him on the back" for stocking the amount of bread he thinks his customers will buy ... even if it means he runs short some days.

CHAIRMAN CONTINUES:

That grocer is complying with the spirit of War Food Order No. 1 which encourages him to buy only as much bread as he estimates will sell in a normal day. Sometimes he has, on another shelf, some bread left over from the day before, when he probably over-estimated his customer's needs. So, friends, don't turn up your nose at day-old bread.

ANNOUNCER: If freshness of bread is such an asset, what's the best way of keeping a loaf of bread fresh.

CHAIRMAN: Well, _____, you can do a lot to hold onto that freshness after you get the bread home.

ANNOUNCER: Just how, Miss _____?

CHAIRMAN: We should remember that a well-ventilated bread box is one good place to store bread. An even better place is your refrigerator, if you can make room for the bread.

ANNOUNCER: A refrigerator is an odd place to find a loaf of bread.

CHAIRMAN: Not so odd as it might seem. A refrigerator prevents bread from molding and from becoming stale. But whether you store bread in a bread box or refrigerator, be sure that you wrap the bread closely in moisture-proof paper.

ANNOUNCER: Sounds like mighty good advice to me, Miss _____. Now, do you have any other ways of saving that "half slice" of bread we were talking about a few minutes ago?

CHAIRMAN: It would be worth the effort to serve only as much bread at a meal as you think your family wants. It's better to replenish the bread plate than to have unused slices drying out at the table. There's too much temptation to throw away the extra bread that is returned to the kitchen. You might find that slicing bread at the table ... or serving half slices ... cuts down bread waste.

ANNOUNCER: Well, now, Miss _____, even if some bread does get out of hand and become pretty dry and hard ... no real damage has been done, has there?

CHAIRMAN: Mercy no! There are scores of ways to use dry bread ... and ways that will give you mighty tasty dishes too!

ANNOUNCER: I'll vouch for that. Bread pudding is one of my very favorites.

CHAIRMAN: Yes, dry bread can be turned into delicious desserts like bread pudding, fruit betty or baked fruit scallop. And when it comes to toast ... well, dry bread is in a class by itself. Dry bread is just as good or even better for French toast, hot milk toast, and cheese or cinnamon toast than moist fresh bread. And don't ever forget that dry bread sliced thinly, makes that real treat ... brown Melba toast.

ANNOUNCER: Miss _____, aren't we overlooking bread crumbs?

CHAIRMAN: Not for a second, _____. Dry bread ... that is very dry bread...when grated...makes fine bread crumbs. And you'll find these crumbs well nigh perfect for coating foods before frying ... or topping for baked dishes ... or stuffing for green peppers and other vegetables. And crumb cake, crumb pie, and crumb cookies are "tops" on many an all-star menu.

ANNOUNCER: And I for one will never forget how bread crumbs used to contribute to the wonderful turkey dressing mother used to make.

CHAIRMAN: So, the challenge to every homemaker is ... Let no crumb be wasted! If we concentrate on not wasting the crumbs, I think the half slices and half loaves will take care of themselves. Regardless of how we do it, I urge that every family take seriously the need for making the most of "our daily bread". We must stop wasting bread, so more wheat and bread can be sent to our hungry neighbors overseas.

ANNOUNCER: Thank you, Miss _____ for the interesting story about bread ... and thanks too, for being with us today. Friends, listen in again next week to another program on FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your (local, county) Nutrition Committee.

MUSIC: THEME TO END.

An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, Department of Agriculture.

1. The first part of the paper is devoted to a general discussion of the problem.

2. In the second part, we consider the case of a single particle. We show that the motion of the particle is determined by the initial conditions and the forces acting on it. The equations of motion are derived from the principle of least action.

3. In the third part, we consider the case of a system of particles. We show that the motion of the system is determined by the initial conditions and the forces acting on the particles. The equations of motion are derived from the principle of least action.

4. In the fourth part, we consider the case of a continuous medium. We show that the motion of the medium is determined by the initial conditions and the forces acting on it. The equations of motion are derived from the principle of least action.

5. In the fifth part, we consider the case of a field. We show that the motion of the field is determined by the initial conditions and the forces acting on it. The equations of motion are derived from the principle of least action.

6. In the sixth part, we consider the case of a quantum system. We show that the motion of the system is determined by the initial conditions and the forces acting on it. The equations of motion are derived from the principle of least action.

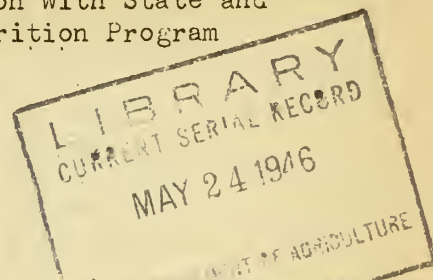
7. In the seventh part, we consider the case of a relativistic system. We show that the motion of the system is determined by the initial conditions and the forces acting on it. The equations of motion are derived from the principle of least action.

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FOOD MAKES A DIFFERENCE

UNITED STATES DEPARTMENT OF AGRICULTURE
in cooperation with State and
National Nutrition Program

FATS ... SAVE A LITTLE; HELP A LOT



ANNOUNCER: We bring you now ... FOOD MAKES A DIFFERENCE.

MUSIC: (THEME - 10 SECONDS)

ANNOUNCER: Station _____ in cooperation with your (local, county) Nutrition Committee ... presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Our guest today is Miss _____. As chairman of the Nutrition Committee, Miss _____, we look to you for timely news from the food front. What's on the program this time?

CHAIRMAN: Today, (announcer) I'd like to put in a call for help to all our women listeners.

ANNOUNCER: Why the desperate plea?

CHAIRMAN: It is a plea all right ... to aid neighbors ... distant ones ... who need bread and cooking fats.

ANNOUNCER: You're referring to the national effort to send food to the millions of undernourished people in war torn countries.

CHAIRMAN: Only I'd like to talk in terms of individuals. It's difficult to comprehend the sufferings of millions. Picture instead one mother looking at her child ... a child with arms and legs and chest wasted away because of malnutrition. If we knew that mother couldn't obtain food for the next meal, we'd prepare her a good meal in our homes.

ANNOUNCER: And much as we're willing, we can't do it because of the thousands of miles that separate us and that mother.

CHAIRMAN: That's why we have to depend on the supply lines that are working. We can't invite that particular neighbor to a chicken dinner with vegetables and fruit and milk, but we can cut down our own use of grain so that more will be shipped abroad. We can offer her a share of our fats and oils for energy.

ANNOUNCER: But how do you answer the critics who say we can't feed the world?

CHAIRMAN: Of course the United States can't feed the world. We produce only 10 percent of its food. But we're the best able to help. What's more, we can help without going hungry ourselves. All we have to do is avoid waste.

ANNOUNCER: I can see why you are making your appeal to our women listeners ... this aid must start in the home.

CHAIRMAN: Yes ... in the kitchen. And I'd particularly like to stress the saving of fats and oils. These are high calorie foods. Because they provide fuel for energy, they're particularly needed abroad.

ANNOUNCER: I'd also say they add to the enjoyment of eating. Cooking with fats develops a pleasing flavor in foods.

CHAIRMAN: So important when the diet consists chiefly of cereals ... as it does in many of the war-torn countries.

ANNOUNCER: Well, we certainly can't expect people to make a comeback ... produce food, mine coal and work in industry ... if they're at a low ebb.

CHAIRMAN: That's why it's so important now to share our food fats. But fats are needed for more than energy. A certain amount is essential for body structure and functions.

ANNOUNCER: How do you mean?

CHAIRMAN: We need fat stored around the vital organs of our body to act as sort of a protecting cushion. It's also desirable to have a little fat stored just under the skin and between the muscles. A small amount of fat is used in cell structure of our bodies. We need a little to absorb certain essential food values from the digestive tract into the blood stream.

ANNOUNCER: I notice you repeated the word "little" quite a few times there.

CHAIRMAN: I meant to. Important as food fats are in the diet, we don't need the amount many people eat in this country.

ANNOUNCER: You mean we've stored too much of ours around the waist line?

CHAIRMAN: The fact is that while many Americans have too much fatty tissue throughout their bodies, many people in other countries are starving for fats.

ANNOUNCER: I'm sure the importance of sharing this food can hardly be over emphasized. But how can we help?

CHAIRMAN: The Famine Emergency Committee asks us to eat 20 percent less fats and oils during the present world shortage. We can do this with careful buying ... if we cook with "used" fats and if we'll contribute any excess to the salvage drive.

ANNOUNCER: Another case of the little drops of oil ... the little scraps of fat ... which, if saved in every kitchen, will make a mighty total.

CHAIRMAN: Yes, someone has figured that if every man, woman, and school child will save a teaspoon of fat a day, we can conserve a total of one million pounds of fat a day in this country.

ANNOUNCER: Quite an impressive total ... and certainly the small saving of a teaspoonful a day shouldn't be a hardship on anyone. But let's mention some of the ways this saving can be accomplished.

CHAIRMAN: First, we can cut down on our purchases. Instead of a pound of lard or shortening a month, we used four-fifths of a pound.

ANNOUNCER: We'd save our 20 percent right off.

CHAIRMAN: And we should buy fats and oils only as needed. This is no time to stock up and have some of the supply turn rancid.

ANNOUNCER: Not when every ounce is needed. Of course, if we cut down on our purchases, we may have to pass up some of our favorite recipes ... like French fried potatoes and doughnuts ... foods that call for deep-fat frying.

CHAIRMAN: Yes, this economy program is going to call for some self-denial. It'll mean fewer rich cakes and cookies ... fewer pies. You know, a single crust open-faced pie in place of the two crust kind would mean a saving of a couple of tablespoons of valuable shortening.

ANNOUNCER: And we could cut down on the use of rich salad dressings.

CHAIRMAN: That's right. Use more cooked salad dressings.

ANNOUNCER: Looks like we'll all have to become wiser cooks.

CHAIRMAN: Well, much fat is wasted by careless cooking. A cake failure not only means loss of shortening, but precious sugar and flour. And once fat has been scorched or overheated or allowed to become rancid, it's no good for cooking use.

ANNOUNCER: Of course this dark fat should be salvaged for industrial uses ... such as soap making.

CHAIRMAN: But let's keep fat from the salvage can as long as possible. When we cook meat or other foods in fat, we should be careful that the heat is low enough to prevent the fat from smoking. Then the fat can be used again. Of course saved fats should be kept cool, dry and in a covered container ... in the refrigerator if possible.

ANNOUNCER: I know a cook who has two containers for saved kitchen fats. One container is for fats that can be used again for cooking. The other holds the fats that are dark and unfit for re-use ... this is for the salvage drive.

CHAIRMAN: An excellent practice.

ANNOUNCER: Maybe you have some tips on the way to re-use saved fats ... so we won't be dipping into the fresh stock.

CHAIRMAN: I'd say the number one use of meat drippings or fat saved from frying would be in gravy. Saved fats are good also to flavor plain boiled vegetables. Bacon or pork drippings can be mixed with a little vinegar and water and used as a dressing for wilted lettuce. Some saved fats can be used on top of baked potatoes ... or in pan-frying ... cabbage and other vegetables.

ANNOUNCER: I know (my mother, or wife) uses poultry and pork fat in gingerbread.

CHAIRMAN: And these same fats are good in waffles or muffins or biscuits. Also for moistening the bread stuffing for poultry or meat.

ANNOUNCER: But what about the use of lamb and mutton fats which have a distinct flavor?

CHAIRMAN: It's best to disguise these flavors. Lamb and mutton drippings can be used in certain dishes where onions are an ingredient. Or they can be mixed with vegetables in soup. If they're used as the shortening in spice cake or gingerbread, the spices will mask the meat flavor.

ANNOUNCER: And every time we re-use fat, we cut down on purchases of lard and shortening and salad oils.

CHAIRMAN: That's right. And there are so many ways of saving fat.

ANNOUNCER: You mean like collecting drippings from the frying pan and broiler.

CHAIRMAN: Those are good sources. A rubber tipped dish scraper ... now on the market again ... is one of the best utensils for removing that last bit of fat from a dish or pan.

ANNOUNCER: And if the fats are dark or strong, they go into the salvage container and are turned in at your meat counter.

CHAIRMAN: Now is no time to cut down on the salvage efforts that were so important during the war. When we turn in salvaged fat we're getting our own industries back to volume civilian production.

ANNOUNCER: We might do a bit of summing up here ... go easy on the use of fats and oils, re-use saved fats ... turn in salvaged fats.

CHAIRMAN: "A teaspoon of fat a day saved by every man, woman and school child will mean a total of at least ONE MILLION pounds of fat A DAY in this country.

ANNOUNCER: Certainly if every citizen of the United States cooperates we'll do our share in preventing mass starvation in a large part of the world.

ANNOUNCER: Thank you Miss _____ for this information on saving fats and oils ... and thanks too, for being with us today. Friends, listen in again next week to another program on FOOD MAKES A DIFFERENCE presented by station _____ in cooperation with your _____ Nutrition Committee.

MUSIC: THEME TO WND.

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(an exclusive service to local nutrition committees in cooperation)
(with the State and National Nutrition Program, U. S. Department of)
(Agriculture.)

RSS-92-1946

Food Makes a Difference

in cooperation with

COTTAGE CHEESE



ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE!

MUSIC: THEME (10 seconds).

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE...a weekly feature on food to help you feed your family wisely and well. The meat shortage this year has forced homemakers to stretch supplies of other protein foods as far as they will go...and has made menu planning a problem. But sometimes a solution to a shortage of a particular type of food is right at our fingertips...if we only look. Today... _____, one of our nutrition committee members is here to tell us about a protein-rich food that will be a boon to southwest homemakers during the next few months.

MEMBER: You mean that it will be plentiful and reasonably priced...and can be used to increase the protein content of meatless meals. But let's not be mysterious about it. This food is milk...an excellent source of protein...whether it's used in cooking...as a beverage...or in the form of cheese.

ANNOUNCER: And skim milk is very plentiful right now during the flush milk production season in the Southwest.

MEMBER: But...like so many other plentiful foods...its abundance probably will be seasonal. This means that we'll have lots of milk while production is at its peak. But milk is perishable...so, if we're to benefit by the plentiful supply, we must take advantage of it now.

ANNOUNCER: Of course...a lot of this extra milk will be used by processors to make butter and cheese...as well as dried milk for the armed services.

MEMBER: That's right. And in addition, these processors will need most of the cream from the surplus milk. As a result...the abundant supply of milk available to civilians will consist mostly of skim milk...left after the cream is separated.

ANNOUNCER: But cream is largely fat...so won't the skim milk that's left contain most of the protein and some of the minerals and vitamins that were originally available in the whole milk?

- MEMBER: Right again. And skim milk can be used in numerous ways. It's good to drink...or it can be made into buttermilk...which is always a favorite summertime beverage. But one of the best ways to use large supplies of skim milk is in cottage cheese.
- ANNOUNCER: Processors will probably increase their production of cottage cheese this summer since skim milk is so plentiful and there are no restrictions on the manufacture of cottage cheese. So homemakers will be wise to put more cottage cheese on their shopping lists... won't they?
- MEMBER: That's a good idea...but there's one hitch. In some sections... there won't be as much commercially produced cottage cheese as the supply of skim milk justifies.
- ANNOUNCER: Why is that?
- MEMBER: In the first place...cottage cheese, like milk itself, is a perishable food...and must be consumed quickly. Processors won't make any more than they can sell while it's fresh. In addition, distribution of cottage cheese in many areas is hampered by scarcity of containers.
- ANNOUNCER: Can't something be done about that?
- MEMBER: Cottage cheese processors already are using all sorts of makeshift containers...from ice cream cartons down to ordinary milk cartons. But even if they are able to get additional containers for use during the peak production period...they won't be able to use all the skim milk that's available.
- ANNOUNCER: But it's criminal to think of letting all this milk go to waste... when we need it so much.
- MEMBER: There's no need for it to be wasted...if homemakers will pitch in and help.
- ANNOUNCER: Are you suggesting that housewives should make their cottage cheese at home?
- MEMBER: Why not? By making cottage cheese at home...you can always be sure of having it when you want it.
- ANNOUNCER: But how would you go about making it?
- MEMBER: I have a leaflet here...put out by the United States Department of Agriculture...which gives all the details.
- ANNOUNCER: Just like a recipe! Let's see what it says.
- MEMBER: The procedure is very simple. Skim milk should be clabbered until it has a marble-like appearance. Then the curd should be cut into half-inch squares...and heated slowly and as uniformly as possible... in double-boiler fashion. When the curd is firm...the whey is strained off...the curds washed in cold water...then salted...and stored in the refrigerator until the cottage cheese is needed.
- ANNOUNCER: Sounds easy!

- MEMBER: A gallon of skim milk will make a pound of cottage cheese. And it's better to use pasteurized milk...whether you're making a lot or a little.
- ANNOUNCER: This leaflet says, though, that pasteurization can be done at home. Just heat the skim milk to 145 degrees Fahrenheit...and hold it there for thirty minutes.
- MEMBER: Then, of course, you'd cool it down to about 70 degrees before you start making the cottage cheese.
- ANNOUNCER: With pasteurized milk...wouldn't you need a starter to get the milk to clabber?
- MEMBER: Yes. This might be a fourth to half a cup of fresh cultured buttermilk, or freshly clabbered milk that has a clean, acid flavor.
- ANNOUNCER: I see something here about cottage cheese made with rennet. Is there any advantage in that?
- MEMBER: Rennet shortens the time required to make the cheese and reduces the loss of curd. It produces a larger grained cheese with less acidity. If rennet is used...you'll need a little more of the starter...and you'll want to be very careful not to get the curds too firm or too dry by overheating them.
- ANNOUNCER: Then...the leaflet says...when you've finished making the cottage cheese...you can add two or three ounces of sweet or sour cream to each pound of curd...to improve its flavor and palatability...and make it smoother.
- MEMBER: That sounds like a good idea too.
- ANNOUNCER: All these suggestions sound good to me. You don't suppose we could get extra copies of this leaflet...do you?
- MEMBER: Yes...from the War Food Administration...where I got this one. Just drop a card to the Marketing Reports Division, Office of Marketing Services, 303 Wilson Building, Dallas...and ask for a copy of the leaflet entitled "Making Cottage Cheese in the Home".
- ANNOUNCER: When I think of all the things we can do with cottage cheese...I want to get a good supply in my refrigerator right away.
- MEMBER: Just think how good cottage cheese and green pepper salads are... or tomatoes stuffed with cottage cheese...or combination cottage cheese and fruit salads.
- ANNOUNCER: And what about cottage cheese for a sandwich filling...with chopped nuts...or peanut butter...or mashed prunes.
- MEMBER: You might even make a cottage cheese cake...or use cottage cheese with potatoes for patties.

ANNOUNCER: We could go on like this for hours...if we had time. But let's sum it all up by saying that every time you use cottage cheese on your menu...you add protein to your diet...to help make up for the lack of meat. And cottage cheese is easy to make at home from skim milk... which is seasonally plentiful throughout the Southwest.

MEMBER: Let's remember something else about skim milk too. It's good to drink...either as it is...or in the form of buttermilk...and should be on every homemaker's beverage list this summer.

ANNOUNCER: Thank you, _____, for these excellent food suggestions.

Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...a service of Station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

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(An exclusive service to local nutrition committees in coopera-
(tion with the State and National Nutrition Program, War Food)
(Administration.)